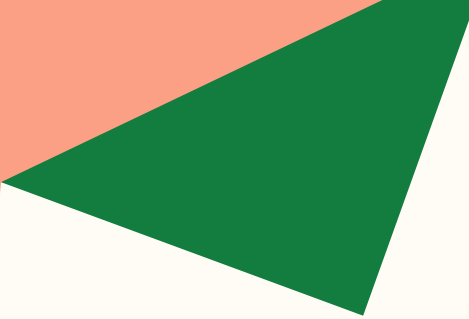




Regain Control of Your Life After TBI

Thomas Dixon, MEd
Brainstorm Series
Kessler Foundation, 7/29/26

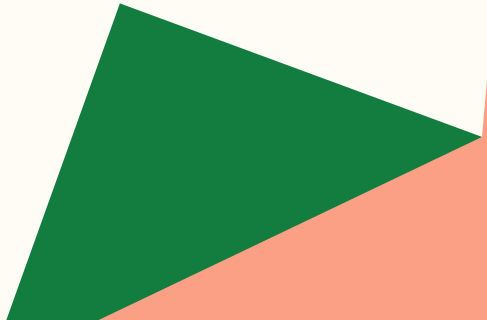


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How Do We Control Our Lives?

We do have agency, in that we may set ourselves up as possible. Then it becomes a combo of multiple factors.

Mostly in response to our environment.

Exs. We didn't choose when we were born, next week's weather, who raised us, or the score of the next Eagles game (but if you do then let me know).



How I Controlled My Life

- Focused enough to get into a nerdy high school. (Central! 262!)
- Focused on psychology in undergrad.
- No job? I'll teach in Seoul!
- CHOP mentor asked me to return.
- Kept myself in great health.

How I Lost Control

The intersection where I was hit,
Aramingo and Somerset.





"Wow."

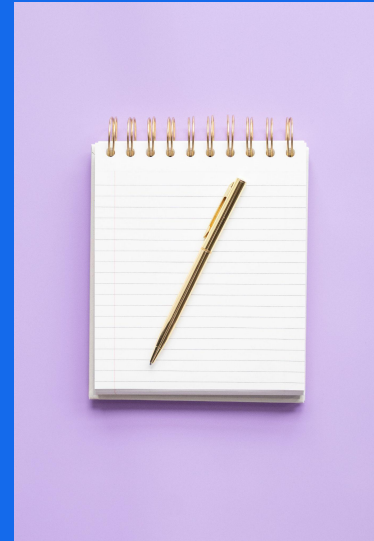
Well, what else was there to say?

The notepad by my bed.

Told again and again what happened.

- What happened to you.
- What will happen next.
- Where your family is.

- Couldn't talk due to tube.
- Passing out due to drugs.



So... Moss Rehab, Twitter Memory, Goals

Just say "Accident Rehab" instead.

Nobody knows exactly what to expect from you. I've known TBI survivors who have become medical doctors. Others were unlikely to ever live independently again.

"Six months to two years..."



A Private Twitter for My Memory

Still suggesting a physical notebook in 2011?
Why not use Twitter privately instead?



What were my goals?

Inpatient → Outpatient rehabilitation

To test the waters... Could I just pick up where my life left off?

Continue my slew of therapies throughout as Moss Rehab, Drucker Brain Injury Center.

Resume premedical studies at CCP.

To live independently again.

Did I mention that I had proposed to someone, seeing how I had the ring before the accident?

To accept a different "me" now.

Memory Loss and Honesty

I then was using a Kindle connected to Twitter, a feature they have since discontinued.

- Instantly search all of my entries with or without internet
- Looking less like I was ignoring others
- Automatically backed up
- Longer battery life

Being forthright was my decision because...

- No shame. This injury was not my fault. I had no choice.
- No control of social consequences (ex. "Who are you?")

My take is that we all live with severe memory loss. My own is just much more drastic.

Memory Loss and Honesty

**Good grades in physics and organic chemistry,
but not great grades.**

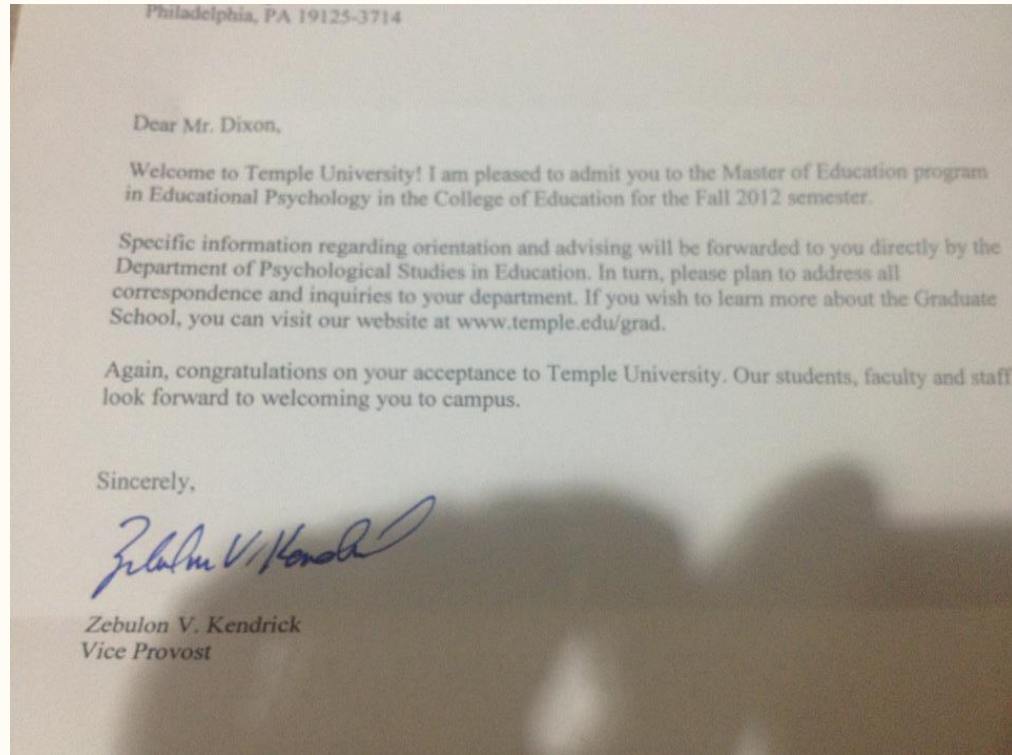
Unethical to become a medical professional.

Was time to mourn a lost future needed?

What future could I have instead?

How I was able to pivot.

Memory Loss and Honesty



Grad School at Temple to ME.mory



Blackstone LaunchPad

Grad School at Temple to ME.mory

I began to work with a development team for “ME.mory”.



Flown out to be on The Doctors in 2014.

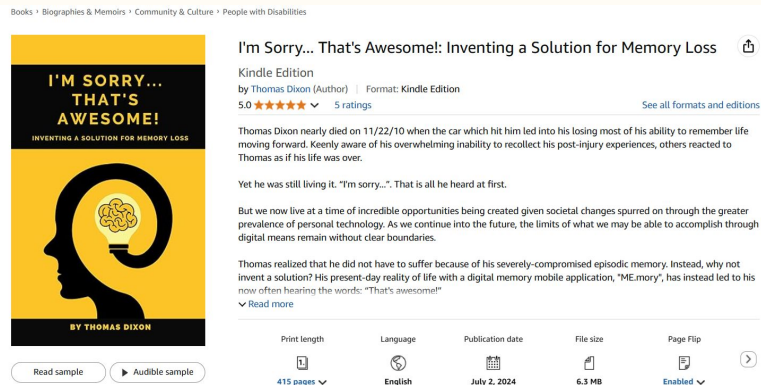
DIRECTV documentary in 2016.

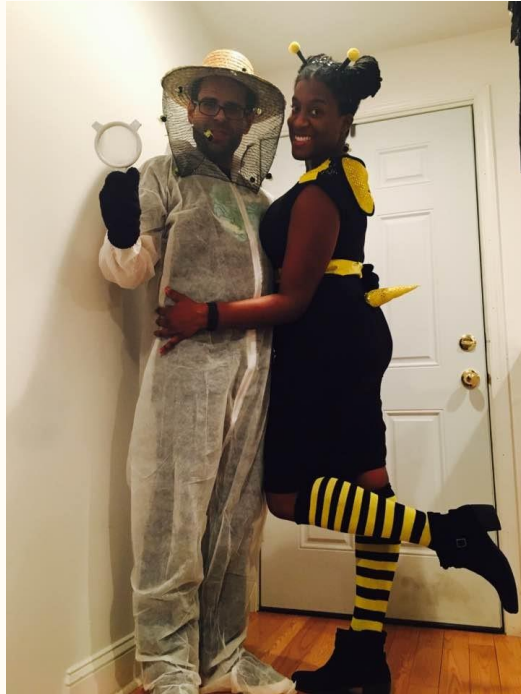


Hiking with Erik Weihenmayer. I was interviewed
by his team for the No Barriers podcast in 2018.
Awarded their Reach Award.

I'm Sorry... That's Awesome! Inventing a Solution for Memory Loss

- How people react to my story.
- Written by reading my own memory.
- Audiobook, ebook & softcover formats.





Full Life, Incomplete Memory

**newsworks**

DECEMBER 2, 2016

Traveling the world, coping with episodic memory loss

**Traveling the world, co...**
Listen 0:36 / 1:46



Thomas Dixon ringing in 2014, on New Year's Eve in Dubai, United Arab Emirates (photo provided by Thomas Dixon)

BY MAIKEN SCOTT

Thank you!

Questions?

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“The Observed Life” clip:

<https://youtu.be/DvDI4FrOHDw?si=8A5Alvd80U717xra>