BrainStrong

FOR CLINICIANS, SUPPORT-GROUP LEADERS & BRAIN INJURY PROGRAMS

unseenprogress.com/apps/brainstrong

Recovery is happening between visits. *Families often can't see it.*

BrainStrong is a free companion app for family caregivers of people with a traumatic brain injury. A 30-second daily check-in becomes a trend line across cognition, behaviour and caregiver wellbeing, so a small gain that is invisible day to day shows up, and a bad day reads differently from a real setback. At a follow-up visit, the family brings a concrete record instead of reconstructing the month from memory.

What the caregiver does

- **Daily log.** A few sliders and an optional note. No open-ended prompts.
- **Timeline.** Trends for cognition, behaviour, mood and the caregiver's own load, over weeks and months.
- **Patterns.** Surfaces which inputs line up with calmer days, using the family's own entries (for example, a protected afternoon rest).
- **Perspective Shift cards.** Short, research-based reframes for hard moments, including what caregivers commonly mistake for regression.
- **Summary for appointments.** The log can be shown at the next visit.

Why it exists

Most cognitive recovery after moderate-to-severe TBI occurs in the first 6–12 months, but measurable gains continue for years. Cognitive recovery tends to come before behaviour catches up, so caregivers can drop strategies that are working, or overhaul a routine after a bad day that was never a real setback.

Dikmen et al., 2009. Cognitive outcome following traumatic brain injury. J Head Trauma Rehabil, 24(6), 430–438.

What it is, and is not

BrainStrong is a tracking and education tool for caregivers. It is self-help. It is not a medical device, does not diagnose, and does not replace professional care or crisis support. The app tells users to contact local emergency services or a crisis helpline if anyone in the household is in danger.

Privacy, plainly

- All data stays on the device. No backend.
- No account, no sign-up, no analytics.
- No AI chatbot.
- Free to start on iOS and Android. Optional paid features are clearly marked.

> **For a support group or clinic.** A matching A6 card for families is available: no marketing language, a QR code to the app, one message: a bad day is not a setback.

Who makes it

BrainStrong is built by one developer in Stockholm as part of a small family of research-grounded caregiver apps. No ads, no investors, no data monetization.

Questions, feedback or card requests:
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