

## Speech and Language Therapy – Aphasia

### Strategies to Help Your Word Finding

You have some word-finding difficulties. This means that you will often know what you want to say but occasionally struggle to find the correct words to express yourself.

These difficulties may increase when you are tired, when you are talking in a group of people or when there is a lot of background noise.

- **Take your time**
- **Avoid having lengthy conversations when you are feeling tired** and accept that you may find it more difficult to find the words at these times
- **Think what category the word belongs to**
  - *e.g. is it a type of food? a place? Etc.*
- **Talk around the word e.g. by describing it**
  - *where you might see it;*
  - *what you do with it;*
  - *what shape it is etc.*
- **Visualise the word**
  - *What letter does it start with?*
  - *Is it a long or short word?*
  - *How many syllables does it have?*
  - *What does it rhyme with?*
- **Use a gesture to help get your message across**
  - *A gesture may trigger the actual word you want to say*
- **Write down the word or part of the word**
  - *Keep a pen and paper by you to help*

**The person you are talking to can help by:**

- Recapping back what they have understood (e.g. “you were telling me about your family”) – this will help you to keep on topic
- Asking you to repeat if they have not understood you
- Giving you time, encouraging you to persevere and not speaking on your behalf