

What are word finding difficulties?

- During conversation you may suddenly find that you have lost the word you are looking for even though you know what you want to say.
- The word may feel as though it's on the tip of your tongue.
- Words or names may be forgotten, even simple or familiar ones.
- You may not be able to find the exact word you want and instead you may think of similar words.
- Sometimes the word will come to you after a few minutes or even later on in the day.
- Word finding difficulties happen to everyone throughout ordinary conversation but can be made more frequent with neurological conditions such as stroke, MS or Parkinson's disease.

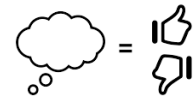
Word Finding Problems – Strategies

How you can help **yourself**:

- **Describe** the item. What does it look like? What does it do or what do we use it for?



- Can you think of another word that **means something similar**?



- Try to say the **first sound** of the word – this could help other people to guess. Or try to **spell it out**



- Can you **write or draw** the word?



- Can you **mime or gesture** the word?



- Can you **point to it** in the room?



- **Keep a list** of everyday topics handy that you can refer to (e.g. list of family names, objects used regularly)



- Ask others to **be patient**. Finding your words may be more difficult when you're tired, stressed or unwell. Take a breath and ask others to give you time.



Word Finding Problems – Strategies

How **others** can help you:

- Give **added time** to respond.



- Encourage to **use the strategies** above.



- If you know the word are trying to say **offer him/her the first sound** rather than the whole word e.g. “tiss” (tissue).



- Give a **lead in phrase** e.g. “You blow your nose with a ?” (tissue)



- Offer **possible choices** of words e.g. “Do you mean your **tissue** or your **keys**?” (tissue)



- Ask **eliminating questions** to help identify what the word might be e.g. is it in the house? Is it in the kitchen?

