

How family, friends and staff can help with cognitive recovery



Ensure you have the individual's attention before starting to speak. **Reduce distractions** (turn off the television/radio) and have just one person speak at a time.



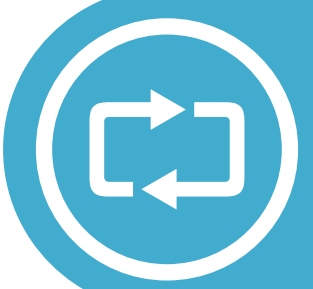
Remember, communication is not just speech. Try using **hand gestures, facial expression, writing, drawing and pictures** too.



To help the individual understand what you are saying, **slow down and use simple language** (e.g. Tea or coffee?).



It can take people longer to think after a brain injury. **Give them plenty of time** by pausing after a question to give them time to think.



You can help people remember information by **repeating key words and phrases** and asking them to **repeat important information** back to you.



Check you have understood what the person has tried to say. **Summarise** what they have said or repeat back key words.



Remain calm and contain frustrations if you have to repeat things.



Talk to and include your friend or relative in conversations as much as possible. Don't talk about them as if they are not there.



Fatigue is common - it helps to **take frequent breaks** from activities.



To help their memory, **write down important information** for the person, preferably in a notebook with their name on it.