



Patient information

‘Stuck for a word’ strategies.

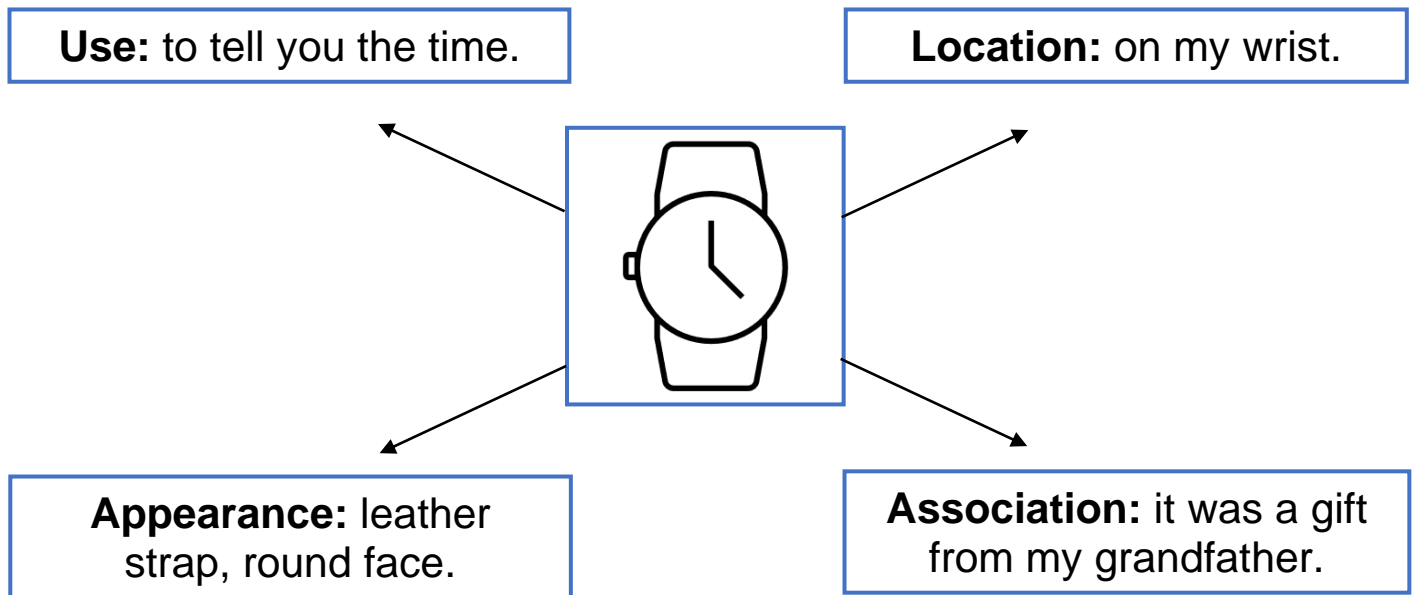
When you’re thinking of something but can’t get a word out you can try:

- Using an alternative word/phrase, e.g., ‘rain protector’ for 
- Describing the word
For example: if you were thinking of an  you could say “you use it to keep the rain off”.
- Think of something associated or similar.
- Doing a gesture or acting out what the thing is used for, for example: for the umbrella acting out putting it up and gesturing the shape of it over your head.
- Writing the first letter or the word if you can.
- Drawing the object.
- Showing the other person the real object.
- If you’ve tried all of these and it’s not helping, you may need to leave it and come back to it later.

Describing objects:

- What is it used for?
- Where does it belong?
- What does it look like?
- Any associations you have for it.

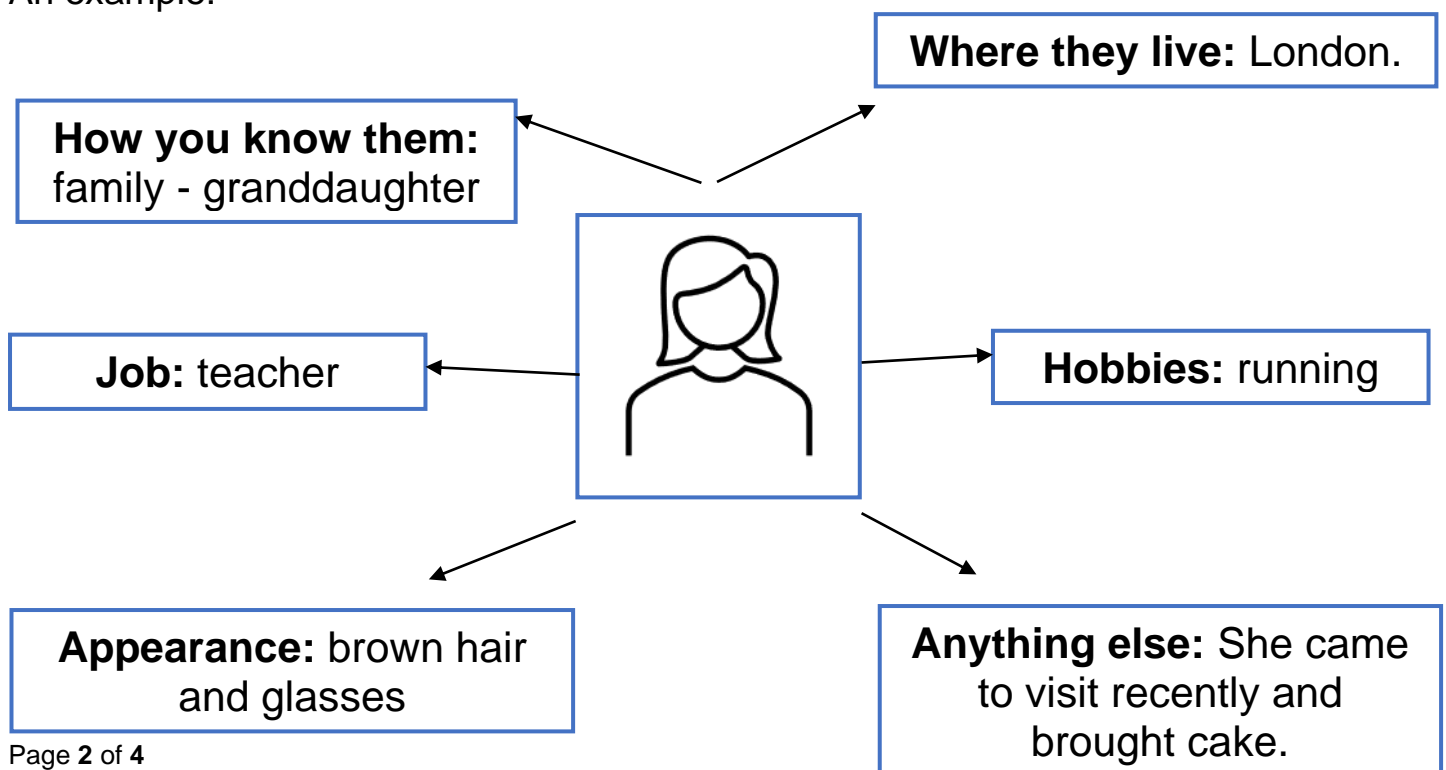
An example:



Describing people:

- Who are they to you?
A family member, friend, neighbour, colleague, famous person?
- Age, gender
- Where do they live or work?
- Job or hobbies
- Appearance
- Any other key features about them like their personality

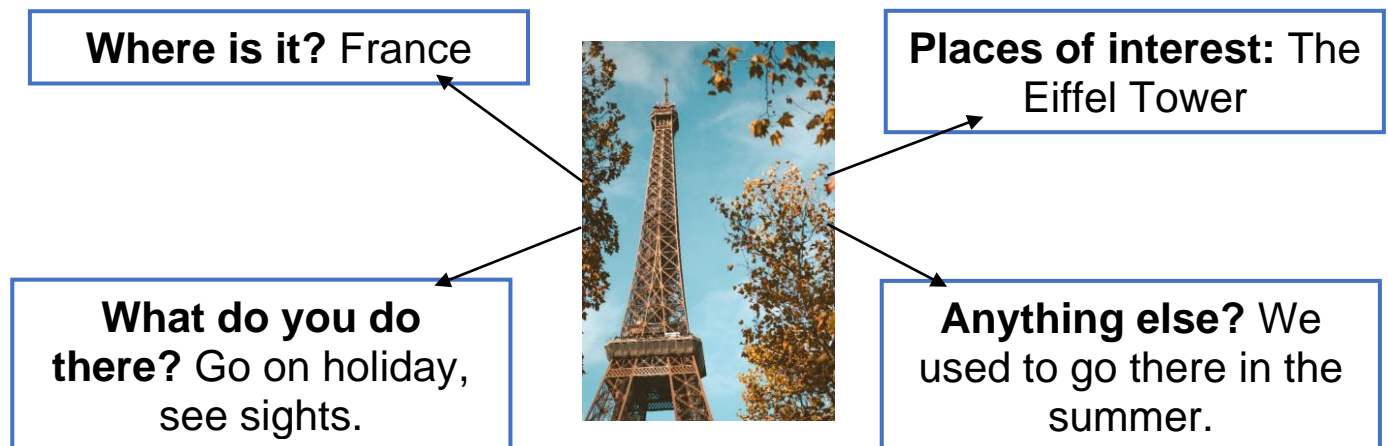
An example:



Describing places:

- Where is it near?
- What do you normally do there?
- Someone that lives there.
- Famous landmarks/buildings/places of interest nearby

An example:



Remembering names:

- When someone introduces themselves, try to use their name again yourself out loud to help practise the name, for example: “Nice to meet you, Jenny.”
- Repeat the person’s name in your head a few times.
- Think of an association for that person. For example: “Pat who plays piano” or “Bob with the beard.”
- If you can think of something starting with the same letter of their name, a rhyme or a song with the name in, that may help.
- Plan ahead – if you’re going somewhere and you know who will be there, try to think of and practise their names in advance. For example: if you’re going for dinner with 3 friends, practise their names beforehand in your head or write them down.
- Talk to family members/close friends about it. For example: let them know that if you don’t introduce them to someone it is because you’ve forgotten the name. Your family member can introduce themselves instead.
- If you feel you can, ask people to remind you of their names. Most people really do understand and will not be offended.
- Keep a list – It may not be possible to remember all names, but if there are key names you’d like to remember you could start to keep a list.

For example:

Grandchildren	Neighbours	Book Club
Fred (Visits Sundays)	Bob & Joy (No 22)	Jeevan (glasses)
Layla (Lives in Bury)	Kamal and Will (No 26)	Alice (long plait)
Daisy (lives in New Zealand)		Jim (rides a bike)
Tom (Very tall, blond hair)		

For more information or support, please contact your Speech and Language Therapist on **01284 748847**.

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