

Cognitive communication disorders

What is cognition?

Cognition means thinking. It includes being able to

- pay attention
- remember and think
- plan and organise
- solve problems and reason

Trouble with thinking can make it difficult to communicate with other people.

If you have a cognitive communication disorder, you may have difficulty

- understanding and remembering information
- explaining ideas
- planning, starting and finishing tasks
- recognising when there is a problem
- remembering what was said
- keeping track of a conversation

What causes a cognitive communication disorder?

- stroke, brain injury or dementia

A speech pathologist can help you to

- find out the areas of your thinking that are strong and not strong
- improve your thinking to help you communicate better
- teach other people how to support you

Will my cognitive communication disorder get better?

Your cognitive communication disorder can improve, stay the same or sometimes get worse.

Tips for you

- give yourself plenty of time to have a conversation
- write down important information in a diary or on a calendar

Tips for family and friends

- reduce distractions
- move to a quieter place and turn down the TV or radio
- allow enough time for a conversation
- talk clearly, using your natural voice

Talk to your speech pathologist for more information.

Your speech pathologist is:

_____  _____