



Cognitive Communication Strategy List

The following table lists some common cognitive difficulties which directly impact communication. The table is designed to provide specific strategies for you (the speaker) as well as the person you are speaking with (your communication partner).

Type of cognitive difficulty	Strategies for you (person with ABI)	Strategies for your communication partner
Reduced initiation	<ol style="list-style-type: none"> 1. Decide before your meeting or appointment what you want to talk about 2. Encourage the other person to talk about him/herself 	<ol style="list-style-type: none"> 1. Conversations can be started by the other person 2. Call attention to areas of interest
Disinhibition	<ol style="list-style-type: none"> 1. Ask yourself before you speak: Do I want this information to be public? 2. Ask yourself before you speak: Will this information hurt or embarrass me or anyone else? 	Encourage the person with the ABI to preview the message in their mind before speaking and think about the impact on self or others
Word retrieval	<ol style="list-style-type: none"> 1. Focus on the idea, not the words 2. Try to create an image in your mind and describe it 	<ol style="list-style-type: none"> 1. Encourage the person with brain injury to focus on the idea, not the words 2. Give the person time to talk
Losing train of thought	<ol style="list-style-type: none"> 1. Mentally review what you have said and/or restate the last thing you said 2. Ask your listener to restate the last thing you said 	<ol style="list-style-type: none"> 1. Allow the person time to mentally review what was said 2. Ask if you should restate the last thing said
Tangential (or unrelated) communication	<ol style="list-style-type: none"> 1. Accept feedback when someone tells you they are having trouble following the conversation 2. Announce topic changes 	<ol style="list-style-type: none"> 1. Let the person know you are having difficulty following the conversation 2. Request clarification on the topic or the reason for changing topics

Type of cognitive difficulty	Strategies for you (person with ABI)	Strategies for your communication partner
Decreased memory	<ol style="list-style-type: none"> 1. If you tend to repeat yourself, let your listener know: "Stop me if I have told you this" 2. Ask others: "How are you?" 	Consider cuing the person, for example: "Do you want to know how my interview went?"
Decreased ability to read non-verbal communication	Let people know you need them to tell you how they are feeling	Tell the person how you are feeling
Decreased ability to vary tone of voice	Let people know what you are feeling	Ask the person how he/she is feeling
Distractibility / slowed processing	<ol style="list-style-type: none"> 1. Speaking slowly encourages others to do the same 2. Hold important conversations in quiet places 	<ol style="list-style-type: none"> 1. Call the person by name and give him/her time to look at you before you start to speak 2. Speak at a slightly reduced rate of speech

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