

Hints to help 'word finding'

Peoples names

- If they are people you see very often try to have their pictures with names besides them to jog your memory. Have a look often to refresh yourself
- Try to remember and picture the social context in which you see people e.g. pub, church, club, choir etc.
- Think about other people that you associate with that person
- Think of what sound the name begins with
- Think about if it rhymes or reminds you of something else to help you try and remember

Object names

- Think about what the object looks like and feels like e.g. big/small, soft/hard
- Think about its colour
- Does it make any noise?
- Where do you see it outdoors/indoors, what room?
- What does it do or what do you do with it?
- What other things do you associate with it?
- Is it made up of other words put together?
- Does it rhyme with something?
- Is it a long name or a short name?
- Think about if it belongs to a group of things e.g. fruit, furniture, clothes

Don't panic if the name still escapes you, it will probably come back to you later!

Read our 'Find other support for 'communication'' info sheet to find other local and national support organisations.

