



Cognitive Communication Disorders

What is cognition?

Cognition means thinking. It includes:

- attention and thinking
- understanding and remembering
- planning and organising
- solving problems and reasoning

Difficulty 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
- knowing 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 if your cognition has changed
- Support your thinking to help you communicate better
- Teach other people how to support you

Will my Cognitive Communication Disorder get better?

- It may 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, e.g. move to a quieter place and turn down the TV or radio
- Allow enough time for a conversation
- Talk clearly, using your natural voice
- Alert communication partner when changing topic

Talk to your Speech Pathologist for more information

Your Speech Pathologist is: _____