

Strategies for Effective Communication After Brain Injury

(Note: Just because someone has had a TBI doesn't mean they need assistance.)

- May be beneficial to be in a quiet environment to help with concentration.
- Be prepared to repeat what you say, both orally and/or in writing.
- Visual support may be helpful to support memory, attention, and processing.
- Use gestures and facial expressions to help illustrate your message.
- Avoid speaking too fast to allow more processing time.
- Speak in shorter sentences; make the message concise.
- Reword or rephrase your message as needed.
- Stay on one subject at a time. Avoid jumping from one topic to another.
- Allow time for responses. Don't rush your loved one.
- Treat them with respect. It's important to remember that they understand more than they are able to communicate.
- Take rest periods. Reduce stimulation and activity when they are fatigued.
- Be patient and be flexible.

References:

Tips for communicating with people with TBI and PTSD. BrainLine. (2019, May 20). https://www.brainline.org/article/tips-communicating-people-tbi-and-ptsd?gclid=CjwKCAjwpJWoBhA8EiwAHZFzfpLwyE76Vc1CcqPrCB8aYlyZEtqoS3hqadxSJl8cg9A5cGYwNDi3jRoCgFgQAvD_BwE

Home. Sutter Health. (n.d.). <https://www.sutterhealth.org/services/physical-therapy-rehabilitation/tips-for-improving-communication-with-brain-injury-patient#:~:text=Use%20short%2C%20complete%20sentences.,illustrate%20what%20you're%20saying>

