

Hints and Tips on handling difficulties finding the right words

The best advice is to take your time. Remember it is getting the message across that is important and not necessarily getting every word right. Some of the methods below can trigger your brain to find the right word, compensate, or at least help get your message across.

1. Using your hands to show people what you mean. For example:
 - > To express needs and meanings:
 - Rubbing your head = headache
 - Making a beckoning movement = come here
 - > To describe a desired object:
 - Cutting motion = knife
 - Pounding movement = hammer
 - > To describe a state or event –
 - Pretending to slip a ring on your wedding finger = married or a wedding
 - Rocking movement with arms = birth or christening
2. Pointing to objects or people may help show people what you mean or what you are trying to get across.
3. Describe what the object is used for. This can help trigger the right word.
 - > You use it to open the door (key)
 - > You shave with it (razor)
4. Talk around the word until the listener knows what you mean or it cues you into finding the right word. For example (apple):
 - > It can be red or green
 - > It's a fruit
 - > Granny Smith or Pink Lady
 - > You eat it

5. Use words that are related to or associated with the word that you are trying to find.

For example:

- > Sleep, tired, lie down, furniture = bed
- > Drink, white, cows = milk

6. Try using another word that means the same

- > Couch for sofa
- > Lady for woman
- > Pretty for beautiful

Or use a word which has a similar meaning:

- > Shoes for trainers
- > Clock for watch

If your word finding difficulties are getting worse or more frequent you may benefit from discussing this with your GP.