

Top 10 Word-Finding Strategies for Aphasia

(and the apps you can use to practice)

1 Delay

Just give it a second or two. With a bit of extra time, the word may pop out on its own. Be patient with yourself, and ask your partner to give you time.

 Practice - *Conversation Therapy* or *Advanced Naming Therapy*

2 Describe

Give the listener information about what the thing looks like or does. Any extra information can help them know what you're talking about or help you say the word.

 Practice - *Naming Therapy: Describe*

3 Association

See if you can think of something related. Even if it's not quite right, it may prompt the word or convey the meaning.

 Practice - *Naming Therapy: Describe*

4 Synonyms

Think of a word that means the same or something similar.

 Practice - *Advanced Naming Therapy: Generate*

5 First Letter

Try to write or think of the first letter of the word. Scan the alphabet to see if each letter triggers anything for you.

 Practice - *Naming Therapy: Practice* or *Alpha Topics: Letter Board*

6 Gesture

Use your hands or body to act out the word, like playing a game of charades.

 Practice - *Naming Therapy: Flashcards*


7 Draw

Sketch out a quick picture of what you're trying to say.

 Practice - *AlphaTopics: Whiteboard*

8 Look it up

Think if there's somewhere the word is written down or pictured.

 Practice using the *Oxford Picture Dictionary* or your own photos/notes


9 Narrow it Down

Give the general topic or category. Stating the topic can help your listener predict what you might be trying to say by providing some context.

 Practice - *Naming Therapy: Describe* or *Alpha Topics: Topic Board*

10 Come back later

If you can't think of the word and your partner can't guess, it's okay to give up for now. This is a last resort, so try other strategies first!

 All apps are available for iOS & Android devices, many with free Lite versions you can try.
