**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 using [Conversation Therapy](http://tactustherapy.com) or [Advanced Naming Therapy](http://tactustherapy.com)

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 using [Naming Therapy: Describe](http://tactustherapy.com)

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 using [Naming Therapy: Describe](http://tactustherapy.com)

4) **Synonyms**: Think of a word that means the same or something similar.

   Practice using [Advanced Naming Therapy: Generate](http://tactustherapy.com)

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 using [Naming Therapy: Naming Practice](http://tactustherapy.com) or [AlphaTopics: Letter Board or Whiteboard](http://tactustherapy.com)

6) **Gesture**: Use your hands or body to act out the word, like playing a game of charades.

   Practice using [Naming Therapy: Flashcards](http://tactustherapy.com)

7) **Draw**: Sketch out a quick picture of what you're trying to say.

   Practice using [AlphaTopics: Whiteboard](http://tactustherapy.com)

8) **Look it Up**: Think if there's somewhere the word is written down or pictured.

   Practice using [BabelDeck](http://tactustherapy.com), [ICOON](http://tactustherapy.com), or [Oxford Picture Dictionary](http://tactustherapy.com) apps

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 using [Naming Therapy: Describe](http://tactustherapy.com) or [AlphaTopics: Topic Board](http://tactustherapy.com)

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.

   More information on each strategy and app can be found at: [http://tactustherapy.com/word-finding-strategies-aphasia](http://tactustherapy.com/word-finding-strategies-aphasia)

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