



Communication can be challenging after a concussion.

Speech-language pathologists can help.

Cognitive-communication disorders result from problems with thinking, memory and attention and impair a person's ability to communicate effectively in their daily life.

Most people recover from a concussion, however, about

20%

of adults and children experience prolonged post-concussion symptoms.

Speech-language pathologists (S-LPs) have specialized knowledge of cognitive-communication and other communication disorders resulting from concussions.

S-LPs can help by:

- Providing information about communication difficulties associated with concussion.
- Working with you to address thinking, memory and attention difficulties, cognitive-communication disorders and other communication challenges.
- Tailoring interventions to help you reach your goals, including returning to work or school.
- Providing practical, evidence-informed interventions, strategies and coaching to improve communication in your daily life.
- Working collaboratively as a member of your rehabilitation team to manage concussion symptoms (such as visual, auditory and sleep disturbances) that may affect your ability to communicate effectively.

Communication difficulties after a concussion may affect:

- Understanding (e.g., following instructions, conversations or movies).
- Talking (e.g., finding words, explaining an idea).
- Reading (e.g., understanding and remembering text).
- Written expression (e.g., writing emails, reports or notes).
- Social interaction (e.g., being part of a conversation, saying the right thing).



SAC

Speech-Language
& Audiology Canada
Communicating care

If you're experiencing communication difficulties after a concussion, contact an S-LP near you.

communicationhealth.ca