⊕BAYCARE CLINIC



For Your Well-Being



## **Word Finding Strategies**

1. Take your time and relax. Tell the person you're talking to, to wait.
2. Try to visualize the word. Try to spell it out or say the first letter of the word.
"It starts with a"
3. Add gestures to what you're trying to say. Try acting it out or try pointing to a specific item in the room.
4. Describe the activity or object you're trying to say.
How does it look? How does it feel? Where would you find it? How would you use it? When would you use it?
5. Use a word that means the opposite. Then add "not."
6. Use another word that means the same thing or is related to the word.
7. Try to write the word or draw a picture related to what you are trying to say.
Other ideas: