



Language Problems

People with language problems can have a hard time knowing what others are saying and they can struggle to put their own thoughts into words. They may also have a hard time with reading. These problems can make you feel nervous to talk to people, can make it hard to do work, and can make you to feel alone. Practicing and using the following tips can be helpful:

1. Don't be afraid to ask for what you need. Ask people to speak slower, repeat what they said, or to ask their question in a different way if you don't understand them.
2. You may find it helpful to write down important points or tasks. You can also use a voice recorder.
3. To best follow what you are reading, try to read in places with no distractions. Read sentences aloud to yourself and use a bookmark or finger when reading a sentence to focus on one line at a time and not lose your place.
4. Try using paper notes or electronic devices (e.g., cell phones, computers, tablets) to communicate your ideas if it is hard to say things out loud.
5. Poor sleep can make language problems worse. You can review the attached sleep checklist to learn better sleep habits.

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