

### What is a Speech-Language Pathologist?

Speech-Language Pathologists (SLP) evaluate and provide treatment for communication, thinking, voice, and swallowing disorders in adults and children.

### What is the role of the Speech-Language Pathologist at the Complex Concussion Clinic?

At the Complex Concussion Clinic (CCC), the SLP works with patients to improve thinking and communication skills that may be impacted following a mild traumatic brain injury (mTBI) or concussion.

- These skills include:
  - Memory
  - Attention
  - Executive functioning – a set of thinking skills we use daily to help us get things done and meet our goals, time management
  - Communication
  - Improving performance at school or work
  - Managing common mTBI or concussion symptoms to promote active recovery

### What can be done to improve thinking and communication skills after mTBI or concussion?

- Learning and using tools to manage common challenges or symptoms of mTBI or concussion:
  - For example, learning to use a planner or build a daily routine to help remember appointments or things you need to do
  - Pacing yourself while studying or throughout your day to reduce symptoms
- Thinking exercises
  - For example, exercises to improve your ability to focus on a task with noise in the background so that you can learn to “tune out” the distracting noise
- Metacognitive exercises
  - This means “thinking intentionally about how you are thinking”
  - For example, keep a log of communication difficulties you are having and look for patterns to help identify what strategies could be helpful

### What might a Speech-Language Pathology session look like at CCC?

Session activities vary based on each patient’s needs and goals. Here are examples of things that might be done during an SLP session at CCC:

- Research a calendar app to use as a memory tool and coming up with a system for using it consistently
- Create a daily routine or schedule
- Establishing weekly goals and checking in on progress and obstacles related to those goals
- Learn strategies to improve memory and attention or focus



- Practice communication strategies to help focus and remember details during conversations and organize thoughts
- Learning strategies for taking breaks to reduce mental fatigue – breaks are a way to “fill your mental tank” or “recharge.” When your tank is recharged, you can study or work for longer periods without increasing your symptoms

Helpful resource for more information on vision after a concussion/mild TBI:

<https://www.myshepherdconnection.org/abi/Mild-Brain-Injury>

### Additional Comments:

