



Speech, talking and understanding after ABI

“When I first woke up in hospital, I found it very hard TO talk. My voice was very quiet and my friends couldn’t understand what I was saying. This used to make me cry. I really wanted to talk but every time I opened my mouth, nothing would come out.

My friend, Maya, tried to get me to write things down but that was hopeless too because I couldn’t read what she had written and I couldn’t hold a pen. I felt really upset all the time.

When I went to rehabilitation, my speech therapist, Laura, looked at why I was finding it hard to speak. She helped me find my voice again! It took a long time and there were times I really wanted to give up because I thought it was hopeless. But she helped me to keep at it. I found I could start to say a few words again.

My speech has improved a lot now. I can hold a conversation with my friends. Sometimes I can take a long time to answer and sometimes I really have to think about what has been said to me so that I can think of the answer. My friends understand this and have learnt that they need to wait for me to answer them. It is a bit difficult when I try to talk to new people because they don’t understand.

Things are getting better, I make little improvements each week. Writing is still hard but I can start to recognise words that I see now.”

