



About Cognitive Communication Disorders (CCD)

Information for people with CCD,
their families and friends



**Easy
Read**

Easy Read

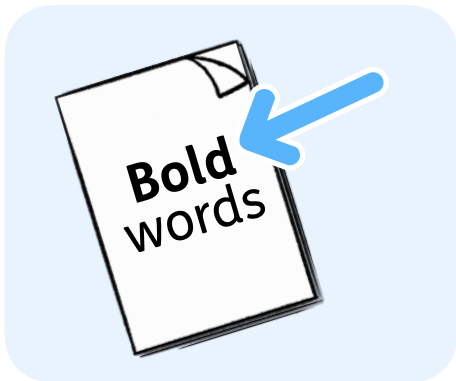


This is an Easy Read version of some information.

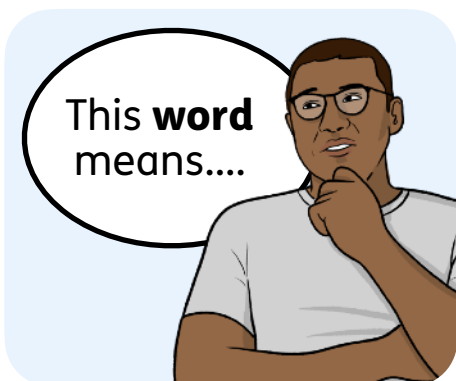
It uses easier words and pictures.



Some people may still want help to read it.



Some words are **bold** to show they are important.



We explain bold words if they are hard to understand.

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What do you think about this Easy Read booklet?

Please fill in this survey to tell us what you think:

www.easy-read-online.co.uk/easy-read-feedback-survey

About this booklet



This booklet is from the Royal College of Speech and Language Therapists.



This booklet is about **cognitive communication disorders**. They are called CCD for short.

About cognitive communication disorders

CCD



Cognitive means how our brains think and learn.

A **cognitive communication disorder** is when an issue in someone's brain changes how they:

- Speak.

OR

- Understand what others are saying.



This can happen when:



- You have an illness in your brain or nerves.



- You have a brain injury.

Signs of CCD

If you have CCD:



- You might talk to people you know in a different way to how you used to do.

You may not know this is happening.



- You might find it difficult to understand or remember things.



- You might talk more or less than usual.

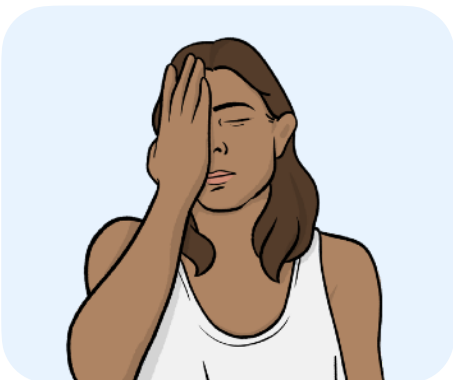
If you have CCD:



- You might not always understand what other people are thinking.

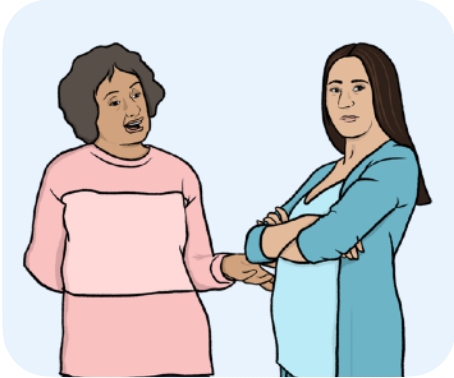


- You might find reading and writing hard.



- You might find speaking harder when you are tired.

Problems when you have CCD



CCD can cause problems like:

- Finding it difficult to follow or take part in conversations.



- Finding it hard to have good relationships with your loved ones.



- Stopping talking to your friends or spending less time with them.



- Finding it harder to work or study.



CCD can also make it harder to use the internet, like email or online forms.

These problems might make you feel:



- Frustrated.



- Worried or depressed.



- Lonely.

What can help with CCD

You can try these things to help you with your CCD:



1. Take as much time as you need to talk and listen to others.



2. Get yourself ready before you talk to someone.
You could plan what you want to say or make some notes.



3. Try to talk in a quiet place so you can focus.

To help you with your CCD, you could also:



4. Take time to stop and think about what you are saying.



5. Be patient and positive when you talk to others.

Where to get more help



You can get more help by:

- Speaking to your doctor, also called a GP.



- Asking your doctor if speech and language therapy would help you.



- Asking for help from charities.



You can get more information on our website:

www.rcslt.org