



## **Traumatic Brain Injury – Effects of fatigue on communication**

### **Symptoms**

During conversations after a traumatic brain injury, cognitive “mental” tiredness will present itself as:

- Taking longer to answer questions.
- Taking longer to explain ideas.
- Inability to make decisions.
- Forgetting where you were in the conversation.
- Forgetting what has been discussed already.
- Confusing information and becoming muddled.
- Difficulty finding words.
- Not making sense.
- Going off on different tangents.
- Poor eye contact.
- Increase in fidgeting.
- More distracted.

### **Planning**

Choose appropriate times for:

- Big discussions
- Decision making
- Important phone calls
- Conversations that require emotions
- Times when you can rest afterwards

### **Other tips**

- Conversations late at night are detrimental because then it is hard to switch off and go to sleep.
- Keep conversations short.
- Stop and reschedule if any of the signs above are obvious.
- Do not plan anything major if you know you’ve got a busy and/or a work day the next day.