

## Reading and writing

The ability to read and write can be effected by brain injury in several ways:

1. Reading and/or writing gives you a headache or makes you feel ill.
2. You have difficulty reading/writing more than a few lines without forgetting what you have read/written.
3. It is hard to focus on an individual line of text.
4. Reading and/or writing makes you extremely tired.

Although you might not get the reading and writing skills back that you had prior to your brain injury, it is possible to make reading and writing easier by using some different strategies:

### Reading

1. Do not try and read when you are tired, and make sure you are reading in a comfortable and well lit environment.
2. Use a ruler and place it under each line as you read. This will help you focus on the line of text you want to read and you will not be so distracted by the rest of the text.
3. Stop for a 30 second or a minute's short Break after you have read a paragraph or a page.
4. Write a note or keywords in the margin with a pencil to refer to if you have difficulty remembering what you have just read.
5. If you really have difficulty remembering read aloud into a Dictaphone, or summarise the main points into a Dictaphone and then play them back next time you open the book.



6. If you have difficulty focussing on small text, get books with bigger text, or use a magnifying glass.
7. If reading is really impossible for you, contact your library about the possibility of getting talking books.

## Writing

1. Do not try and write when you are tired, and make sure you are writing in a comfortable and well lit environment.
2. Use a word processor or keyboard to type rather than write by hand, it may be easier and you can to change and amend what you have written.



3. Use spell-checker on the computer or a dictionary to check your work.
4. Get someone else to proof read your work to make sure it is correct and makes sense.
5. Dictate your written work to someone else if you are having difficulty writing it.
6. Dictate what you want to write into a Dictaphone and then play it back line by line and write it. By planning ahead, this will help with fatigue because you do not have to think and write at the same time. You can play back each sentence as many times as you like and write at your own pace.