After a concussion, some people experience difficulty following long discussions or instructions and keeping track in group conversations.

Ways to improve listening and understanding:

Stack the deck in your favour:
- Reduce distractions
- Make sure you’re rested for important discussions
- Give yourself breaks from listening

Start by socializing with smaller groups of people

Remember to take charge of your own communication:
- Ask others to slow down and repeat
- Seek clarification during the discussion rather than at the end
- Verify your understanding by paraphrasing what you understood

Be open and honest about your communication difficulties