

Tips to Help Your Loved One Communicate

General Information

- Reduce distractions. Close the door. Turn off the TV or radio. Pull the curtains.
- Sit down so your loved one can see you. This will help them be more relaxed.
- Allow extra time for your loved one to respond, follow a direction or to tell you something.
- Speak slowly. Pause between sentences to give your loved one time to “digest” what you’ve said.
- If your loved one wears hearing aids, make sure they wear them, has them turned on, and the batteries are working.
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Helping Your Loved One Listen

- Give your loved one directions one step at a time. (“Lock the breaks on your wheelchair.” “Now, lean forward.”)
- Give your loved one only one piece of information at one time. (“I talked to your nurse. Physical therapy starts in 30 minutes.”)
- Keep information short and to the point.
- Limit information to only your current environment or what your loved one can see. Use photos, hand movements or facial expressions.
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Your Speech-Language Pathologist

Name _____
 Phone _____

Helping Your Loved One Speak

- Ask questions that can be answered.
- Remind your loved one to:
 - speak slowly
 - speak clearly.
- Use the communication board or book with your loved one.
- To help find out what your loved one is trying to say:
 - Ask them to think of a different word or way to describe what they are trying to say.
 - Ask them to show you what they want.
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