

Information for patients and carers





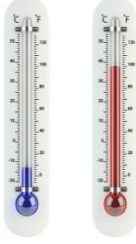

Putting together a personalised communications chart

The **Speech and Language Therapist** will try different combinations of **items per page, text size, alignment** etc. It is useful for Speech and Language therapy to know **what else to include**.

Generally we will include:

<p>Toilet</p> 	<p>Wash</p> 	<p>Clean teeth</p> 
<p>Hungry</p> 	<p>Thirsty</p> 	<p>Bed</p> 
<p>Chair</p> 	<p>Yes</p> 	<p>No</p> 

We might also include:

<p>Glasses</p> 	<p>Hearing aid</p> 	<p>Feel sick</p> 
<p>In pain</p> 	<p>Too hot / cold</p> 	<p>I love you</p> 

We want to include the **most important things** that you / your relative may need/want to **communicate to nursing staff**.

For some people that might be: **brush my hair, give me tissues**, or a specific drink e.g. **tea with milk and two sugars**.

Please add other things to include for me / my relative.

Please return to Speech and Language Therapy, tel (01284) 713303.

Please note: The **more complicated** the **less likely someone will use it** so please add personal items but just the **most important**.

It might not work. For many people, **pointing** to a chart, even if you can't speak, **can be quite difficult to understand**. They might be able to point if you say "point to the drink" but wouldn't actually think to point when they want a drink.

Many people will get their **yes / no mixed up** after a stroke so offering a **written choice** or suggesting a **head nod / shake** or a **thumbs up / down** or even a **hand squeeze** for a yes may be a more reliable way of checking their yes / no response.