

NOT **JUST** WORDS



THIS SESSION

This session will focus on how to have a **good conversation**.

BY THE END OF THE SESSION

You and your family will know **strategies** to have a good conversation.

RESEARCH

Communication problems may make you feel:

- **Frustrated.**
- **Upset.**
- **Angry.**

Communication training may help.

Communication training can be helpful for:

- People with aphasia.
- Family.
- Friends.
- Health professionals.

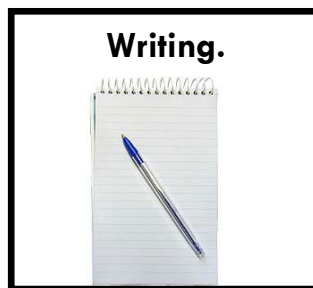
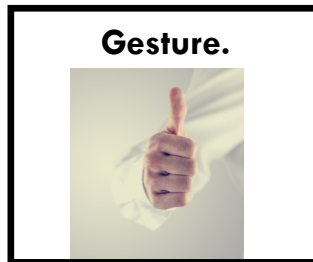


FINDING THE RIGHT LEVEL OF SUPPORT

You and your family may need to use communication strategies.

Some **strategies** are:

- Using **gesture**.
- **Writing** things down.



The strategies used will be **different** for **each person**.

Not using strategies may cause problems when talking.

Using strategies too much may also be a problem.

Practising with your speech pathologist **can help** you know what strategies to use.



FINDING THE RIGHT LEVEL OF SUPPORT

Have you used any strategies with your speech pathologist to help?

Action
Success
Knowledge

COMMUNICATION TRAINING

The **Aphasia Institute** in Canada has a training program called:

- **Supported Conversation for Adults With Aphasia (SCA™).**

The program provides training for better talking.

More Information can be found on their website:

- **www.aphasia.ca/**



over **30 years** *of* touching lives
and rebuilding conversation

COMMUNICATION TRAINING

There are **four (4) important things** that **friends** and **family members** can do to help with conversations:

1. Remember that the person with aphasia is an **intelligent adult**.
2. Help the person with aphasia to **understand**.
3. Help the person with aphasia **get out** what they want to say.
4. **Check** to make sure you have understood.

COMMUNICATION TRAINING

1. Remember that the person with aphasia is an **intelligent** adult.

Am I **treating** the person **the same** as before?

- Speak **naturally**.
- Put the person with aphasia at **ease**.
- **Help** get the conversation back on track when it **breaks down**.

COMMUNICATION TRAINING

2. Help the person with aphasia **understand**.

Am I doing what I can so the
person understands?

- Use **short** sentences.
- Use **simple sentences**.
- Use **gesture**.
- Write **words** down.
- Use **pictures** (e.g., newspapers, photos).
- Remove **distractions** (turn down television/radio).

COMMUNICATION TRAINING

3. Help the person with aphasia **get out** what they want to say.

Does the person have **a way to tell me things?**

- Ask **one question** at a time.
- **Ask** your family member/friend to:
 - point** to objects or pictures.
 - write** key words.
- **Give time** for the person to respond.
- **Write key words** down or choices to point to.
- Ask **yes or no** questions.

COMMUNICATION TRAINING

1. **Check** to make sure you have understood.

Am I getting **their message right?**

- **Check** when you do not understand.
- **Expand** on what you think the person might be saying.
- **Repeat** to check you have it right.
- **Summarise** long conversations when necessary.
- **Write** things down.
- Use **gestures** where necessary.

COMMUNICATION TRAINING

What do **you think** will help?

More time.



Writing things down.



Using **gestures**.



Being asked **questions**.



Using **pictures, photographs** or an **aphasia card**.

I have APHASIA
Sometimes I find it hard to speak,
listen, read or write

You can help if you:
speak clearly and
give me time to answer

Thank you for your patience

Sharing a joke or a **laugh**
Together.



COMMUNICATION TRAINING

What do your **family or friends think** will help?

More time.



Writing things down.



Using **gestures**.



Being asked **questions**.



Using **pictures, photographs** or an **aphasia card**.

I have APHASIA Sometimes I find it hard to speak, listen, read or write
<i>You can help if you:</i> speak clearly and give me time to answer
Thank you for your patience

Sharing a joke or a **laugh**
together.



COMMUNICATION TRAINING

Have a go practising with your speech pathologist now.

It can take a while to get things right,
so practice is important.

Action
Success
Knowledge

COMMUNICATION TRAINING

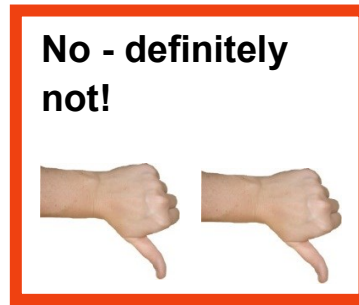
Here are some conversation **ideas to get you started:**

- How are you feeling this week?
- How is your therapy going?
- What is the something good that happened to you during the past week?
- What are some things you are planning with your family and friends?

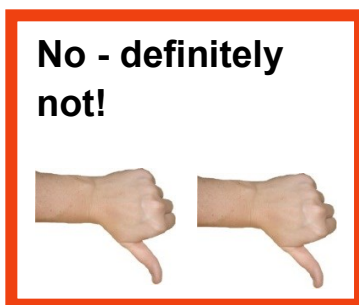
How **good** was the conversation?



Did you give enough **time**?



Did you **help** the person to **understand**?



Did the person have a way to get their **message out**?



Did you **check** you got the message right?



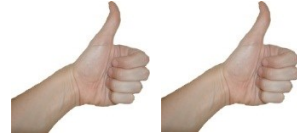
I don't know.



Good.



Very good.



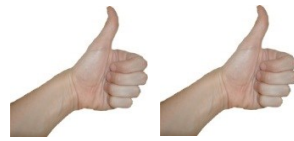
I don't know.



Yes.



Yes - definitely.



I don't know.



Yes.



Yes - definitely.



I don't know.



Yes.



Yes - definitely.



I don't know.



Yes.



Yes - definitely.





NOTES



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