



Communication

By Cody



“
YOUR VOICE
”

What is communication?

- Communication is about giving, sending and sharing information. It's just as important to listen as well as talk.
- Some people with a learning disability can find it harder to communicate as their brains might process things differently.
- There are many different ways to communicate.



Communication Includes:



Talking



Listening



Eye contact



Signing



Body language includes things like smiling or nodding.



Lip Reading

Ways to communicate

Here are some different ways to communicate:

Spoken Words.

Body Language

Your Face

Writing

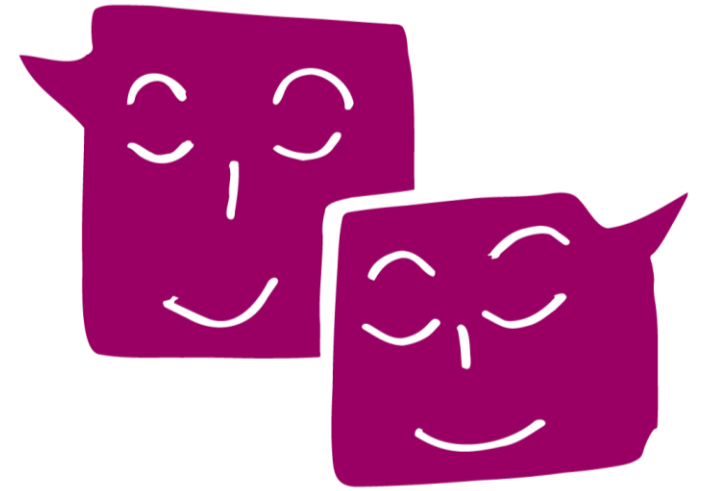
Pictures

Drawing



Communicating with someone with a learning disability

- It is important to:
- Use accessible language
- Avoid long words that might be hard to understand.
- Try different ways to communicate.
- follow the lead of the person.
- go at the pace of the person, check they have understood and be creative.





Our Top Tips:

- Find a good place to communicate where people will find it easy to see and here you.
- Ask questions that people need to answer with more words than just yes or no.
- Check with the person that you have understood what they have said.
- For example:, “The tv is not working, is that right?”



Extra Help:

- Go with the person so they can show you what they need.
- Watch the person carefully, they might tell you things by their body language or how their face looks.
- Learn from other people, it is ok to ask parents and carers for help.
- Drawing might help even if you are not good at it.



Be calm and patient.

- Take as much time as you need with the person.
- Use your hands and face to help you too. If you are asking if someone is sad, make your face looks sad.
- When people try and communicate with you, they might not understand how you like to be spoken to at first, it is important to be calm ad patient with them and try and teach them so that they understand better.
- At the doctor's surgery, you could take things from home to your appointment which would help you to communicate.
- Some people like to use real objects, photos and pictures can help too.

Makaton

- Makaton helps to communicate through sounds, signs and speech.
- It can help you to grow your communication skills.
- **Have you ever needed to use Makaton at a health appointment?**



Social Story

- A social story can help talk you through issues that are worrying you to help you to process it.
- It may include pictures, text and symbols
- Sometimes you can have therapy when you feeling depressed or sad.
- You might like to talk about it with your support worker and your carers,
- It can help you when you're feeling like this.



Easy Read

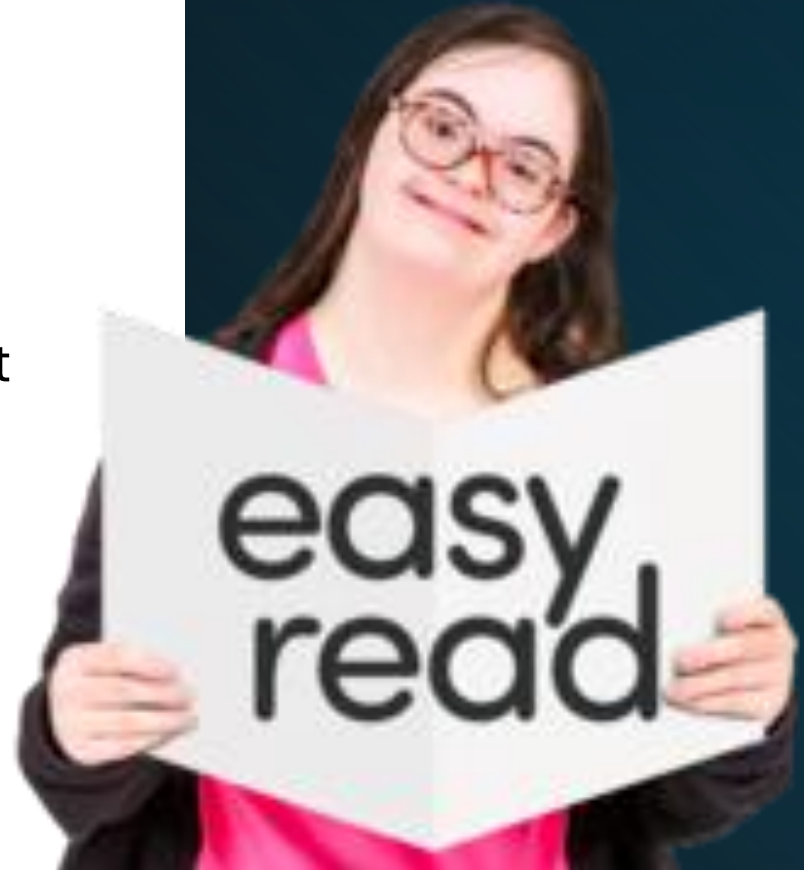
Easy read is a way of showing text in a way that is easy to understand

It will be very useful to have short sentences to explain things with using pictures to help people to understand about the information

Some people with a learning disability like to have big text on their phone to understand

Things like

- Reports
- Forms
- Letters.



Talking about your healthcare.

You can ask for
reasonable
adjustments to help
you communicate
with your doctor

Some of these
reasonable
adjustments could be:

Talking in short clear
sentences,

Slow down and use
easy words.

Give you information
in way you can
understand it.

Things people
with a learning
disability are
tired of hearing.

Many people don't use the right words when communicating with someone with a learning disability. This can be upsetting. They might say things like:

"You're not trying hard enough."

"You don't look disabled."

Has this ever happened to you?

Advocacy

- It is important to speak up about the things that are worrying you.
- Something that might help you might help other people to.
- Other people can help you to speak up. It is very important for you to have your voice to communicate your rights.

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YOUR VOICE

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Language

- Everybody is different and likes to describe themselves differently.
- No two people with a learning disability are the same, so they might describe themselves in a different way.
- What language do you like to use to describe yourself and others with a learning disability?



Questions

- Do doctors and health workers communicate with you in the way you would like?
- How do you communicate if you are not happy with something?
- Do you think others are calm and patient with you when communicating?
- Do you think people with a learning disability are shown as having poor communication?

