

Communication Picture Book



Communication Picture Book



This **book** has been **made** with **people with aphasia**.

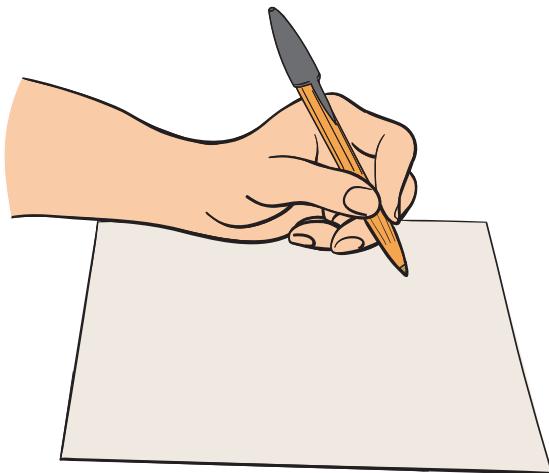
They have **helped us** to **choose** the **words** and **design** the **pictures**.

You can use the book to **support your communication**.

How you use the book will be **unique** to **you**.

You might want to:

- **Show** people **how you** like to **use it**.
- **Write** or **draw** on the pages.
- **Add** extra **notes** or pictures.



How to use this book

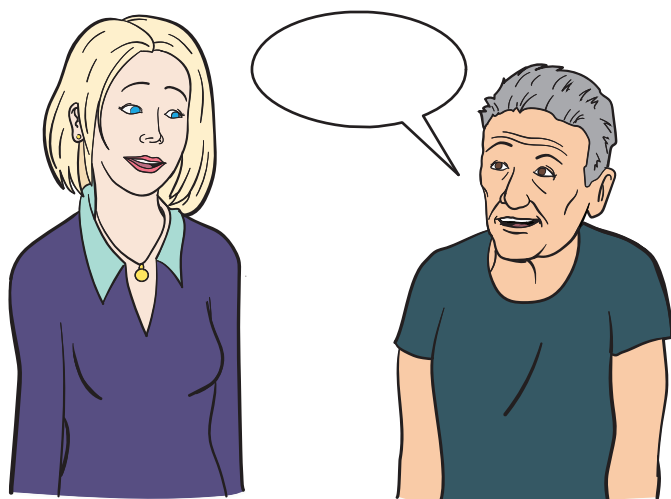


Place the book **in front** of **you**.

Use the **pictures** to **support conversation** and questions.

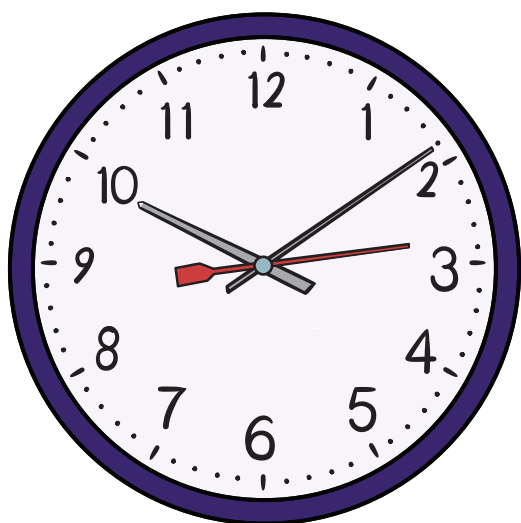
You can **communicate by**:

- Pointing.
- Looking at the picture.
- Gesture.
- Facial expressions.
- Speaking.



People with aphasia have shared their **tips** about using the book:

- Communicate with **one person** at a time.
- **Give** yourself **time** to get your message across.
- **Check** you **understand** each other.
- Have your conversations in a **quiet room**.



Tips for people supporting you:



Keep your **sentences short** and to the point.



Do not give too much **information** at once.



Avoid using **jargon** or acronyms.



Check I have **understood**.



Repeat what you have **understood**. **Ask** if what you have repeated is **correct**.



Do not pretend to **understand** when you have not.

About me

My **name** is _____

I like to be **called** _____



Date of stroke _____



Extra information about me:

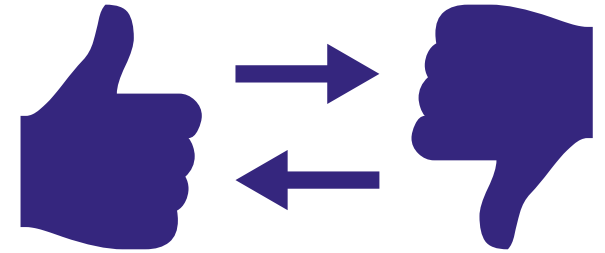
I have communication difficulties



☐ Struggle to find the right word



☐ Use the wrong word



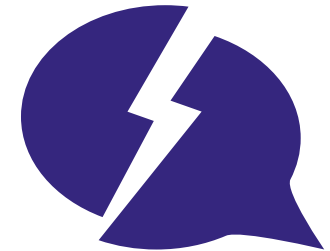
☐ Mix up 'yes' and 'no'



☐ Do not understand what people say



☐ Slur my words



☐ Know what I want to say but cannot get it out

I have difficulties with



☐ Numbers



☐ Reading



☐ Writing

Notes:

How you can help my communication



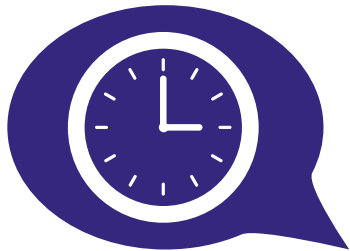
☐ Treat me like an intelligent adult



☐ Give me time to respond



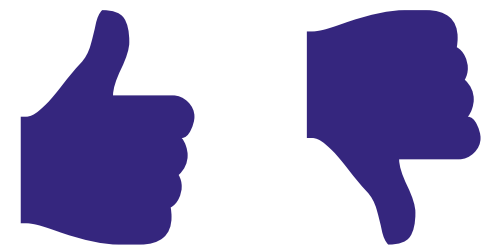
☐ Write key words for me



☐ Speak slowly and clearly

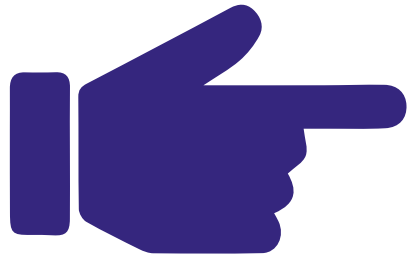


☐ Rephrase if I do not understand

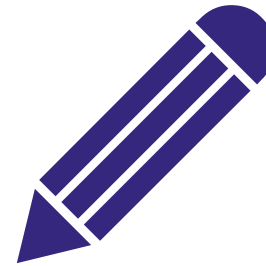


☐ Use a thumbs up and thumbs down to check my answers

How you can help my communication



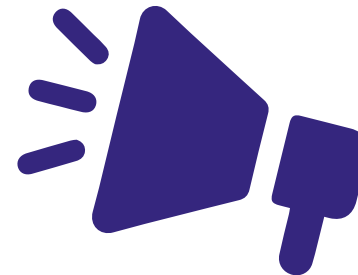
☐ Use gestures



☐ Draw for me



☐ Reduce background noise



☐ Do not shout or talk over me

I have

☐

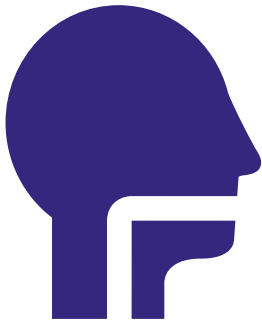
Visual difficulties

☐

Hearing problems

☐

Fatigue

☐

Dysphagia
(swallowing difficulties)

☐

Mobility difficulties

☐

Communication
difficulties

Making choices



Yes



No

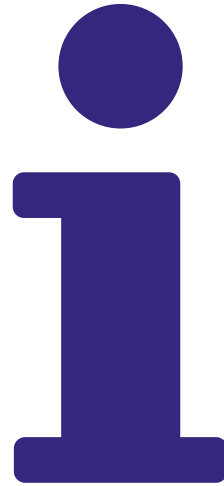


Not sure

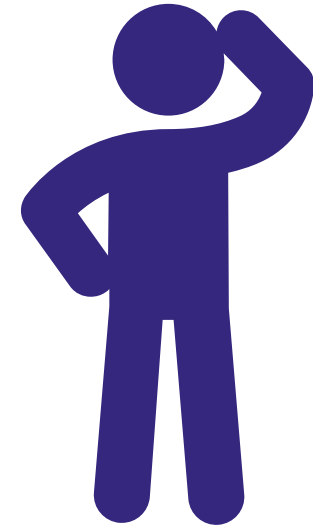
Making choices



Ask my opinion

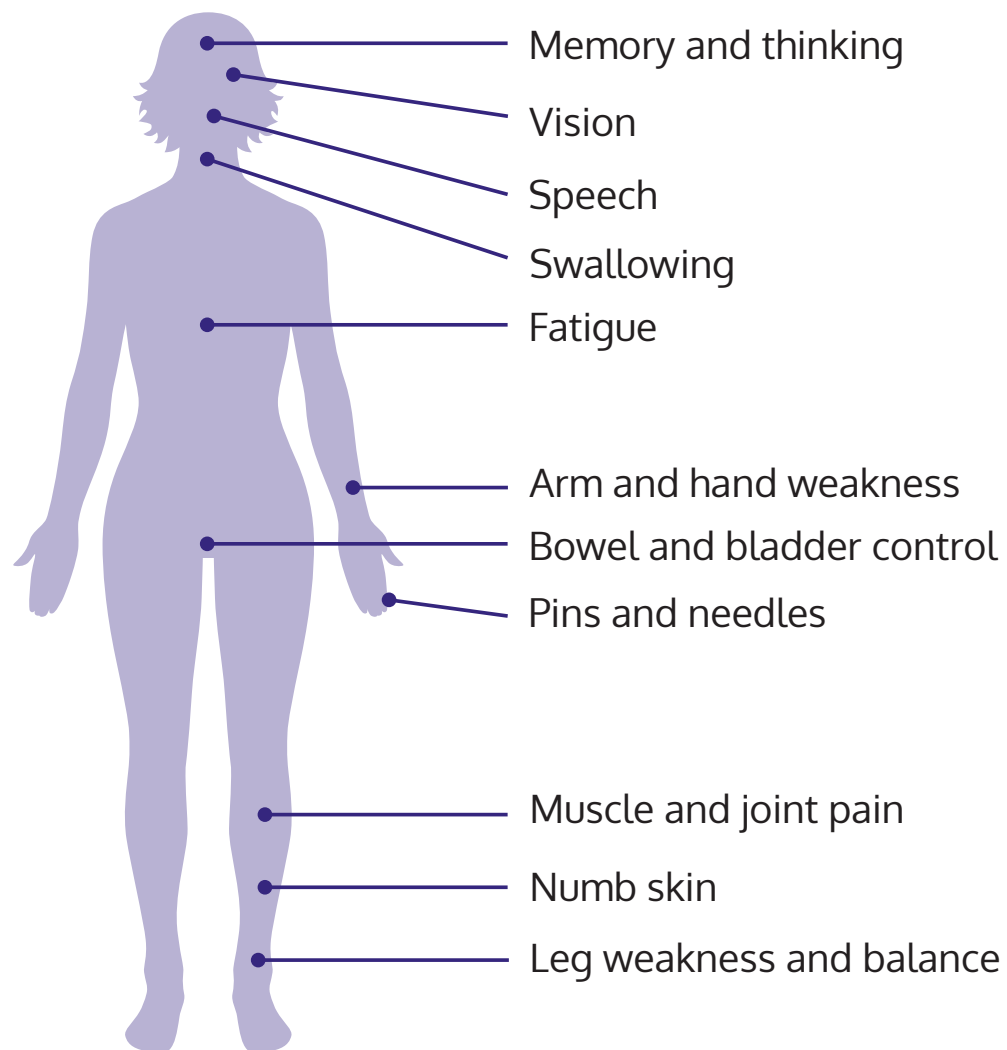


Tell me more information



I do not understand

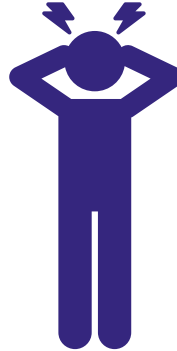
My body



My health



Ok



Pain



Dizzy



Sick

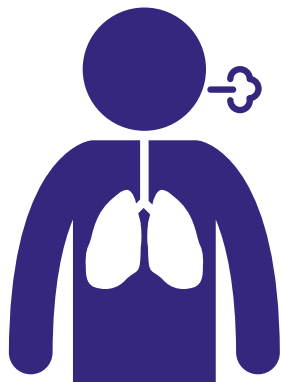


Tired

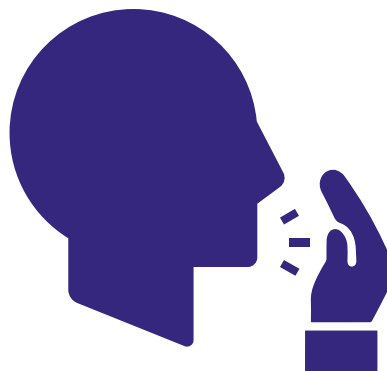


Help

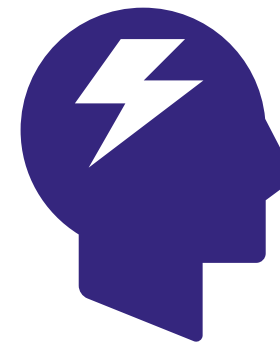
My health



Difficulty breathing



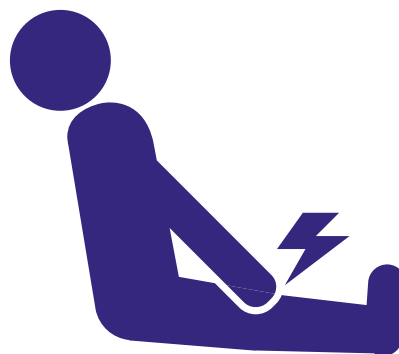
Cough



Headache



Vision problems



Cramp

Notes:

I feel



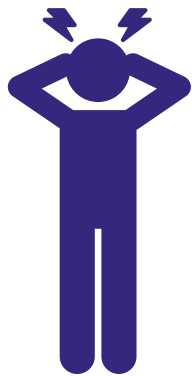
Happy



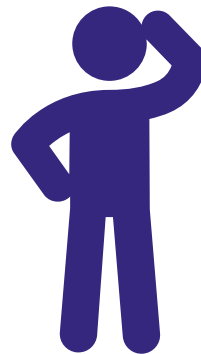
Sad



Worried



Frustrated



Confused



Scared

I feel



Excited



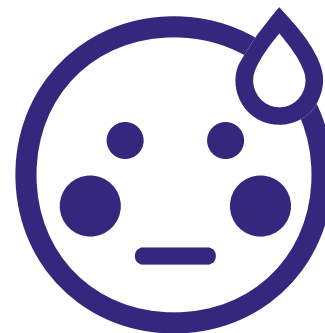
Angry



Proud



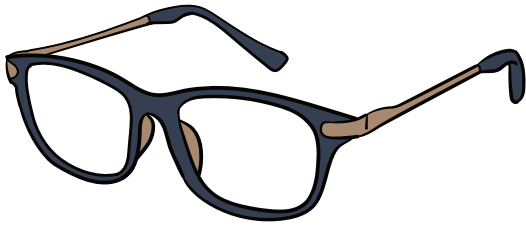
Disappointed



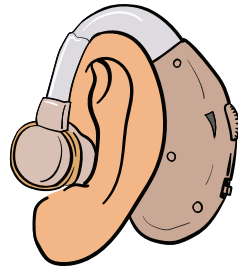
Embarrassed

Notes:

I need my



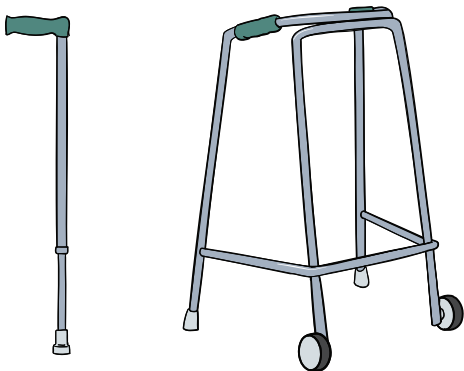
Glasses



Hearing aid



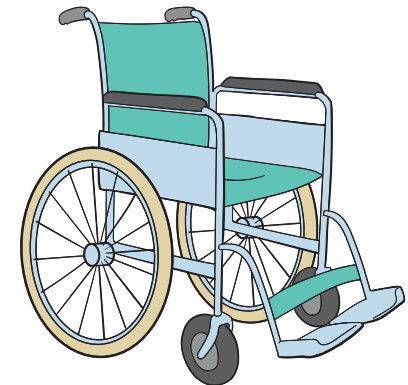
Dentures



Walking stick or
walking frame



White cane

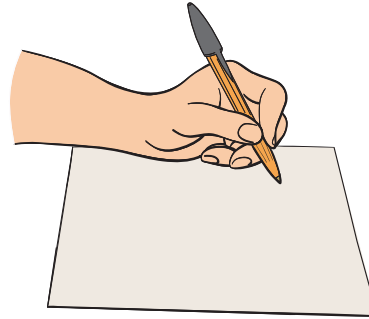


Wheelchair

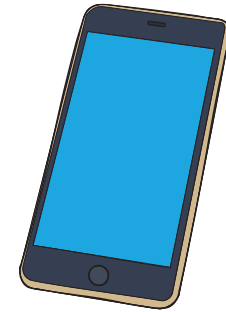
I need my



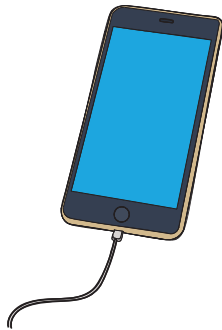
Communication aid



Pen and paper



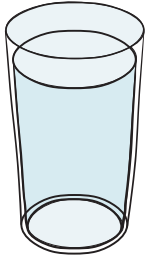
Phone



Phone charger

Notes:

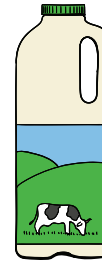
Drinks



Water



Juice



Milk



Tea



Coffee

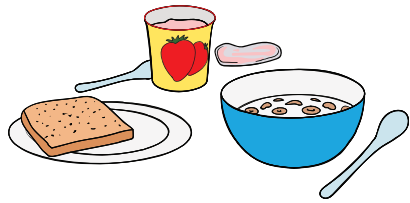


Sugar

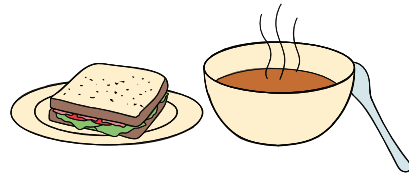


I do not want to drink now

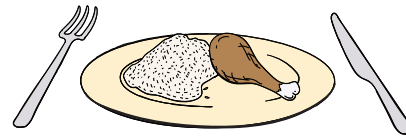
Food



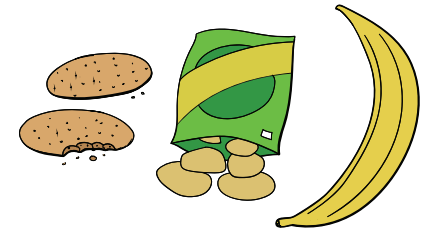
Breakfast



Lunch



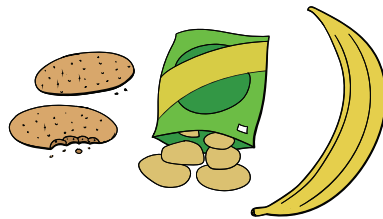
Dinner



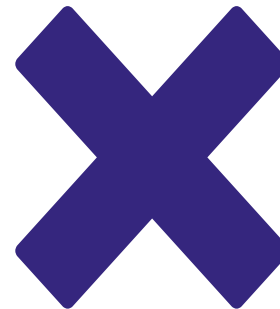
Snack



I am hungry



Snack

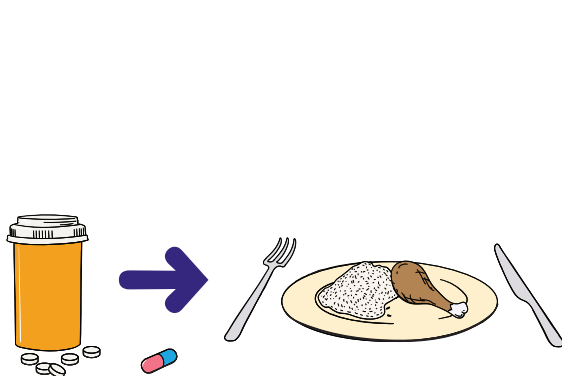


I do not want to eat

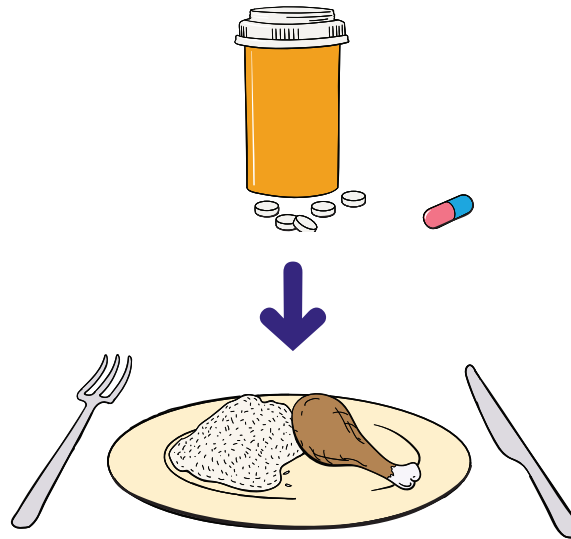


I do not want to eat now

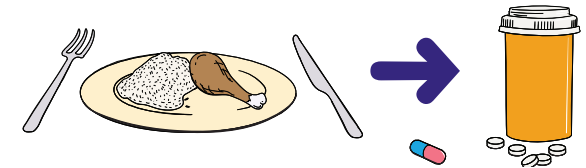
Food and medicine



I take medicine **before**
my meal

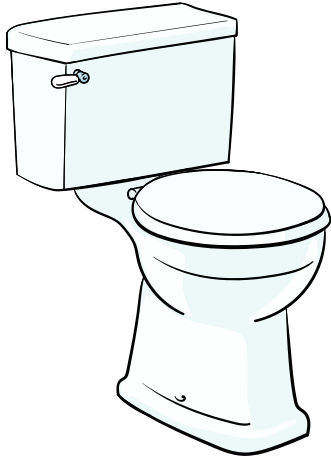


I take medicine **with**
my meal

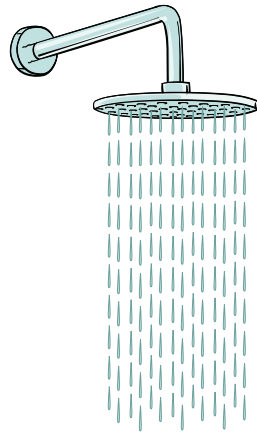


I take medicine **after**
my meal

Bathroom



Toilet



Shower/ Bath



Wash hair



Shaving



I feel hot



I feel cold

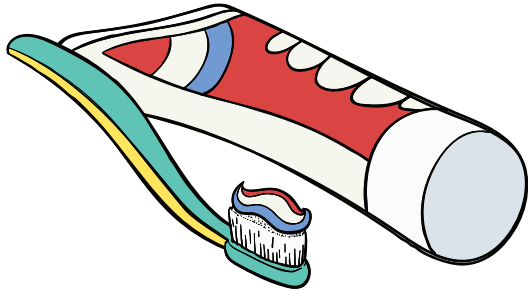


On



Off

Getting ready



Brush teeth



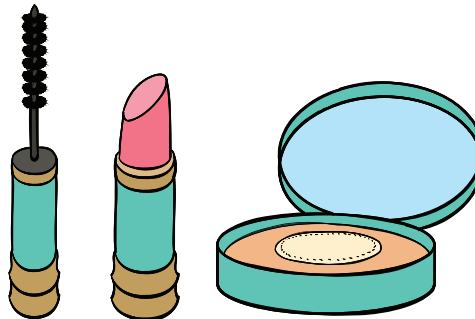
Wash face



Brush hair



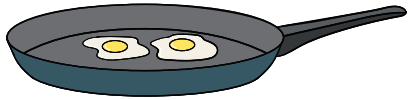
Get dressed



Put on make-up

Notes:

Activities



Cooking



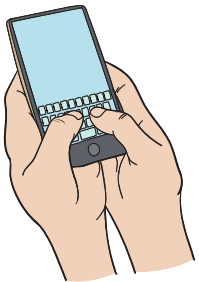
Apps



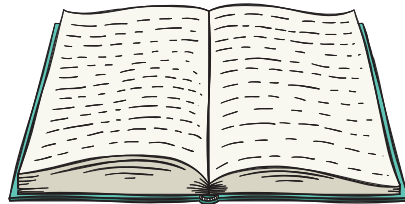
Seeing my friends



Watching TV



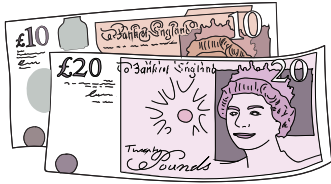
Using my phone



Reading

Notes:

Money



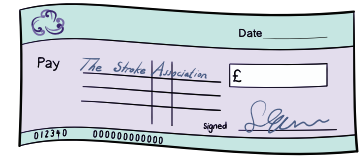
Cash



Coins



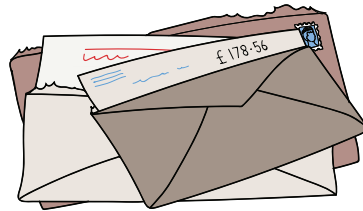
Card



Cheque



Internet banking



Bills

Notes:

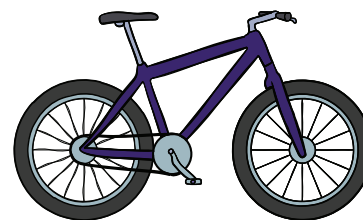
Transport



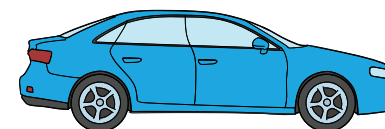
Walking



Mobility scooter



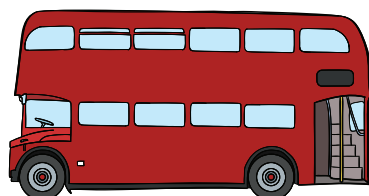
Bike



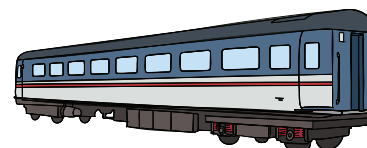
Car



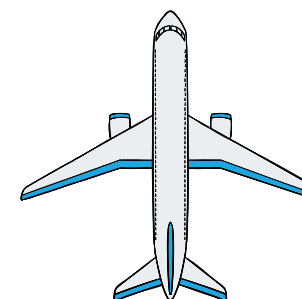
Taxi



Bus

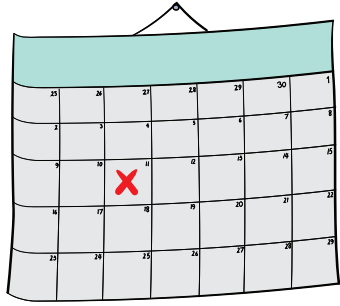


Train

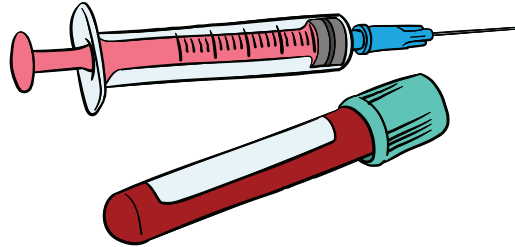


Plane

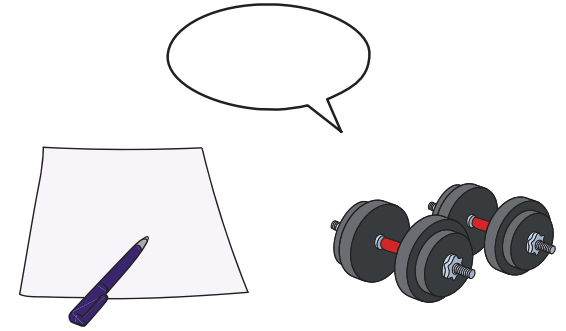
Health check



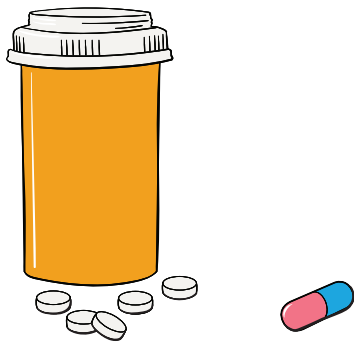
Health appointment



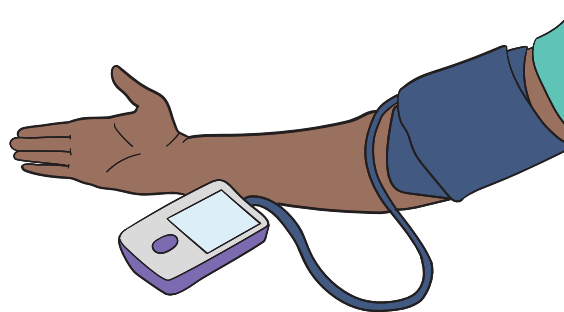
Blood test



Rehabilitation/ therapy



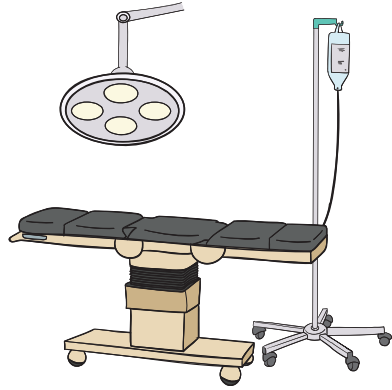
Medicine



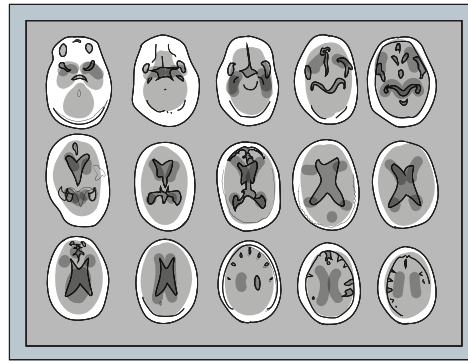
Blood pressure

Other:

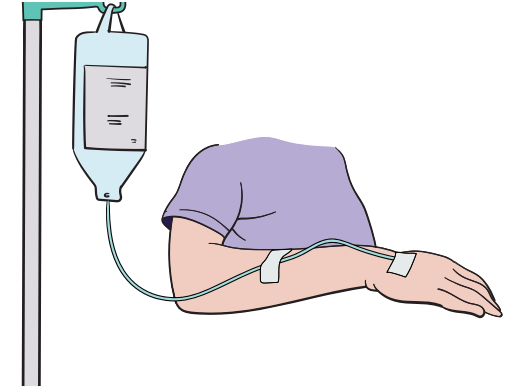
Hospital



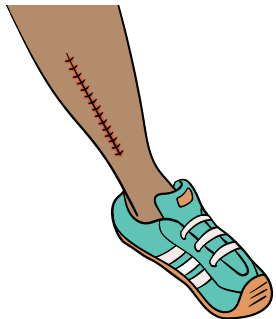
Operation



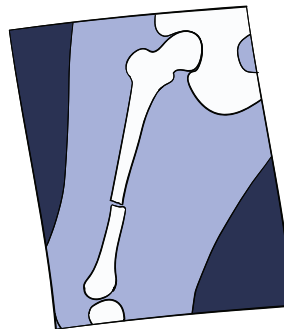
Scans



Drip



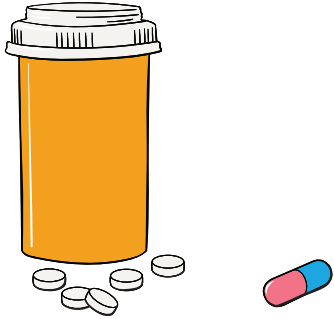
Stitches



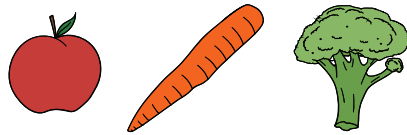
X-rays

Notes:

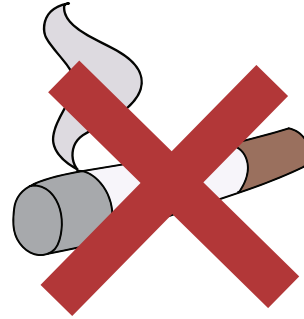
Staying well



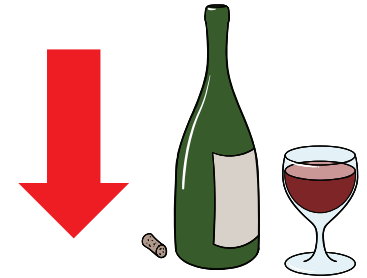
Medicine



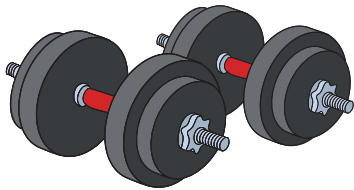
Healthy food



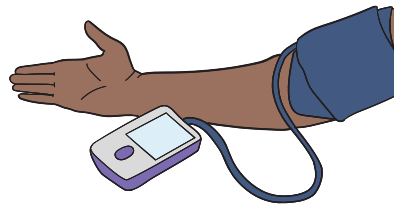
Stop smoking



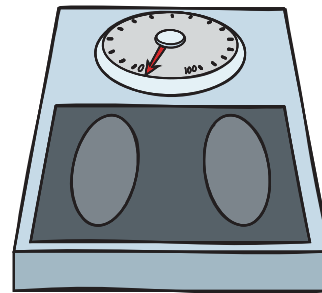
Limit alcohol



Exercise



Blood pressure



Healthy weight

Notes:

Days of the week

Monday

January

May

September

February

June

October

Tuesday

March

July

November

April

August

December

Wednesday

Thursday

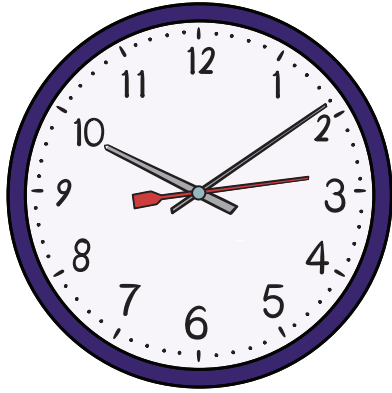
Friday

Saturday

Sunday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

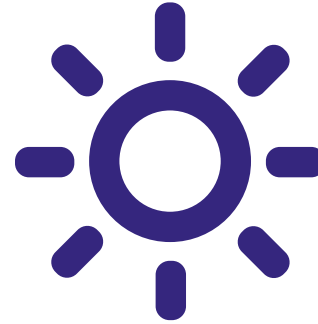
Time



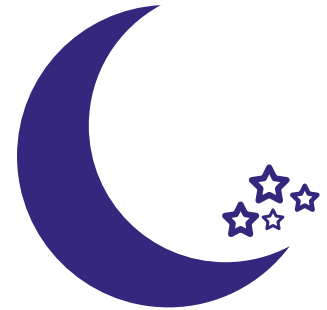
What time is it?



Morning



Afternoon



Night

Yesterday



Today



Tomorrow



Letter chart

a	b	c	d	space >	
e	f	g	h	< back	
i	j	k	l	m	n
o	p	q	r	s	t
u	v	w	x	y	z

Yes



No



Keyboard



Yes



Space



No





Our Stroke Support **Helpline** can **help** with **practical** and **emotional support**.

The Helpline can give you **information** about **stroke**.

They can tell you about **support** in **your area**.

You can phone **0303 3033 100**.

The Helpline is **open Monday** to **Saturday**.



You can visit our **website** to find **more information** about stroke.

Website: **stroke.org.uk**

Notes:

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to write their notes.

Every day in the UK **another 240 people** wake up to the **impact** of a **stroke**.

It is a **traumatic, life-changing** event.

With **strength, determination** and the **right support**, **recovery** is **possible**.

Our **specialist support, research** and **campaigning** are only possible with the support of the stroke community.

With more **donations** and **support** we can reach all **people affected by stroke**.

Contact us

We are here for you. Contact us for expert information and support by phone, email and online.

Stroke Support Helpline: **0303 3033 100**

From a textphone: **18001 0303 3033 100**

Email: **helpline@stroke.org.uk**

Website: **stroke.org.uk**



Finding **strength** through **support**

Item code: **A24A190** © Stroke Association 2024

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