My name is Sue.

I use this book to talk to you.   Read on to learn how I communicate and how you can help.

I can understand what you say. My speech has been affected by my stroke and can be unclear.

I can say yes and no verbally and will head shake/nod to confirm. If you are unsure use a tick and cross on my whiteboard.

I use a range of communication methods like **pointing, facial expression**, **gestures,** as well as yes/no questions.

For **longer phrases** that might be hard to understand I use this communication phrase book.

Picture symbols help me find my messages.   **Large text** also helps.

Allow plenty of time for conversation. **Speak slowly** in short sentences.

Give me time to respond and **try not to interrupt**, even if it feels uncomfortable.

I can use **clues and objects** and sometimes an **initial letter** to help get my message across.   There is a clues page with alphabet in this book
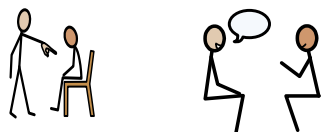
I also have a whiteboard for people to **draw or write** on to clarify words or messages.

I use a **My Memories** book and a **News** folder to help **social** conversation. There is an index for the contents in this phrase book.
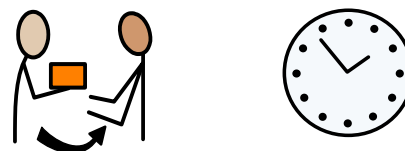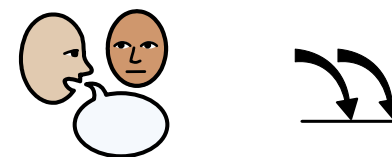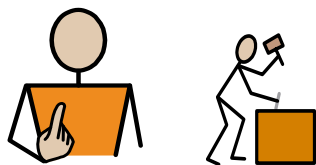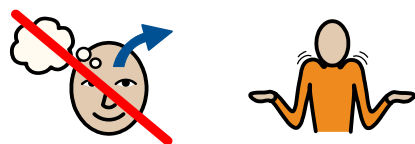
Quick Phrases
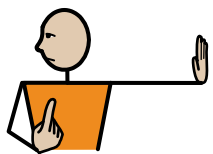
leave me alone

stay and talk with me

give me more time

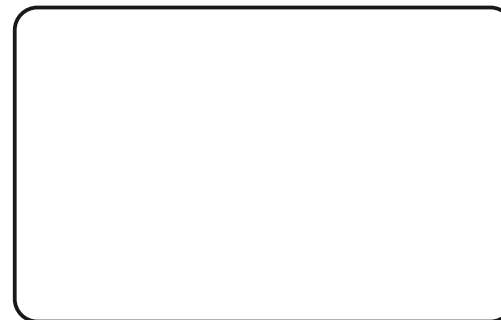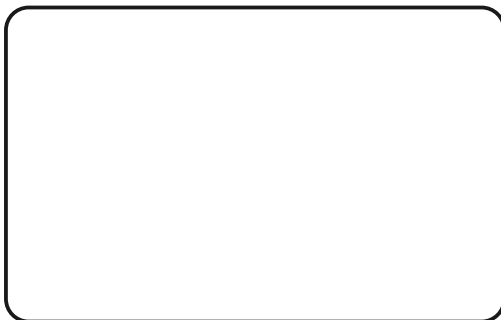tell me again

let me do it

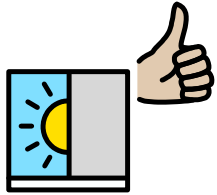forget about it

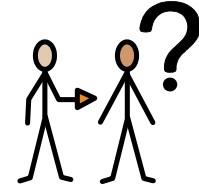**Quick phrases**

General Social

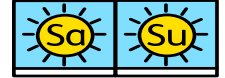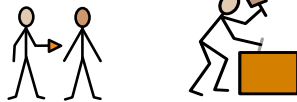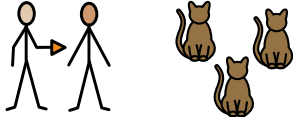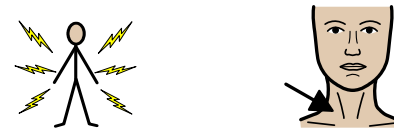|			
Good morning	Good night	How are you?	How was your weekend?
How is the family?	What have you been up to?	Have you watched anything good on TV recently?	How was your holiday?
Have you got any cats?	How are the kids?		

	General social					

Personal Social

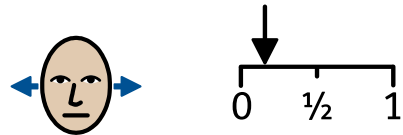|			
Hey! Don't tell me off	You're draining me!	a pain in the neck	cracks me up
Not likely	Oh no! You again	What time do you call this?	
Oh shit!	Bugger off!		
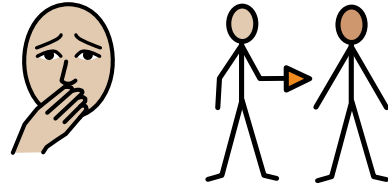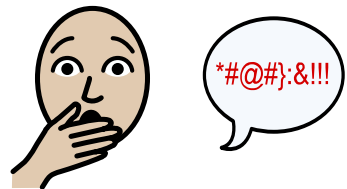
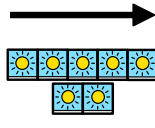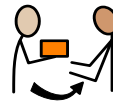|		Personal Social					

I want something

I want to look at my photos

Get me the cat treats

Get me next week's Radio Times

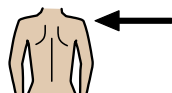Get me my slippers

Get me an extra blanket

Buy me a Walnut Whip

			Want something				

A free resource from the charity acecentre.org.uk

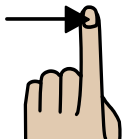# My Care

I need my nose wiping	Push a cushion down the right side of my back	Put my neckbrace on	I need a haircut
My nails need cutting	I need my hair brushing	Rub my feet	I need my glasses
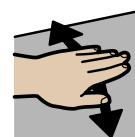
My care

I've got a problem (use with BODY and ILLNESS pages)
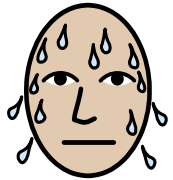
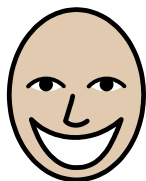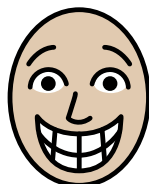|			
I feel ill	Something hurts	I'm uncomfortable	I don't know what's wrong
I'm hot	I'm cold		
I need to see the Doctor	I need to see the Nurse	I need to see the Podiatrist	I need to see the Consultant

I've got a problem

Feelings
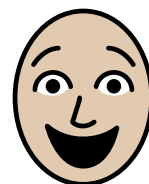
happy	excited	surprised	thankful
sad	angry	depressed	worried
OK	numb	bored	content
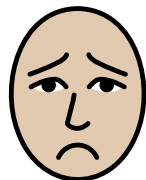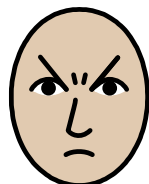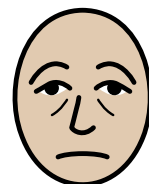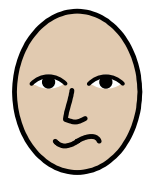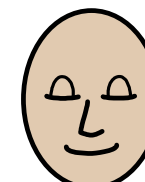
Feelings

Go somewhere

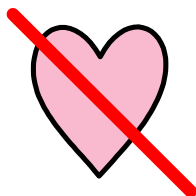|			
into town	to the cafe	to the pub	to the restaurant
to the shops	to the supermarket	to the bank	to someone's house
home	to the park	to the seaside	
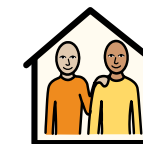
						Go somewhere

Opinions

like	**don't like**	**good**	**bad**
wonderful	**awful**	**beautiful**	**ugly**
fair	**unfair**	**exciting**	**boring**
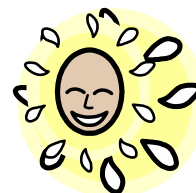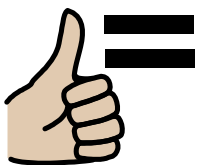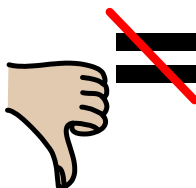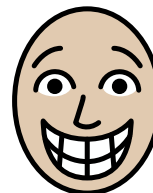
Opinions

Questions
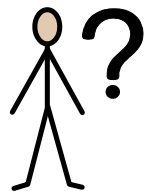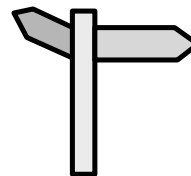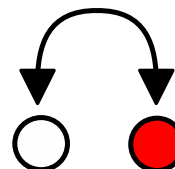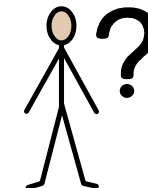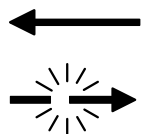
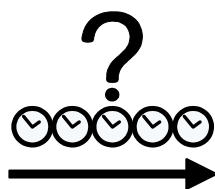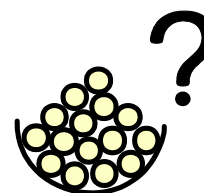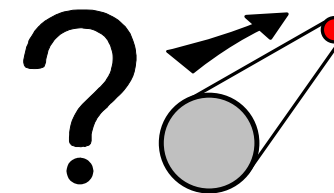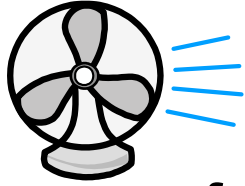| who? | what? | where? | when? |
| how? | why? | which? | whose? |
| what happened? | how long? | how much? | how far? |

Questions

Home

turn the fan on/off

I want the window open/closed

turn the light on/off
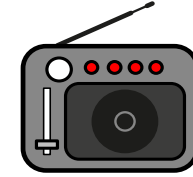
turn the radio on/off
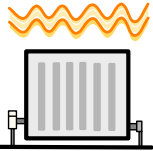
turn the heating on/off
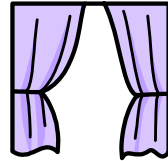
open/close the curtains
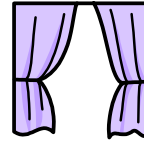
do the curtain tie backs
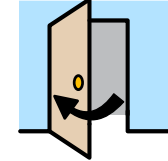
open/close door

Home

People chat *(go to PEOPLE list from green cells)*

Can you ring my husband?

You need to let my brother know

How is Pepper?

Have you been to the caravan?

Whatever happened to ...?
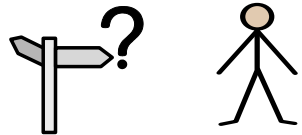
Where is?

When are they coming?

Can I visit...?
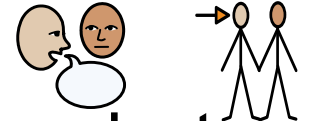
Tell me about what they have been doing?

People chat

People list 1
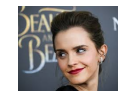
Bill	Tom	Anne	Emma
Daniel			
Margaret	Hillary		
Dennis			
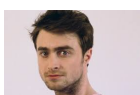
				People 1		

People list 2

People 2

Body parts list

body	stomach	chest	back
leg	knee	foot	toe
arm	hand	finger	wrist
head	neck	face	hair
ears	eyes	nose	mouth
tooth	tongue	throat	

					Body parts list		

illness

pain	chest pain	stomach pain	back pain
toothache	headache		
cough	cold	sore throat	
sick	diarrhoea	constipation	indigestion
fever	dizzy		
itchy	swelling		
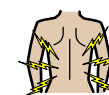
					illness	

My Life - index

Remember when?

About Me book

My Memories book

Let me tell you about ......

News 1

News 2

News 3

News 4

My Life Index

Alphabet and Clues

It's a ...

person	place
thing	animal
food	nature
TV	film
book	music
action	description

It's about ...

	now
past	future
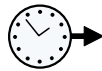
It begins with ...

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

not what I mean

start again