

CNRS Speech and Language Therapy's Top 10 Tips for Communication

1. Reduce distractions e.g. turn off the TV and radio
2. Ensure one person is talking at any one time
3. Slow down and listen carefully
4. Check both conversation partners have understood what has been said
5. Encourage regular rests to manage fatigue
6. Use short, to the point, sentences and phrases.
7. Support communication through gesture, pictures and writing.
8. Sit down and face the person you are talking to
9. Repeat what has been said if needed
10. Try to avoid sudden changes of topic