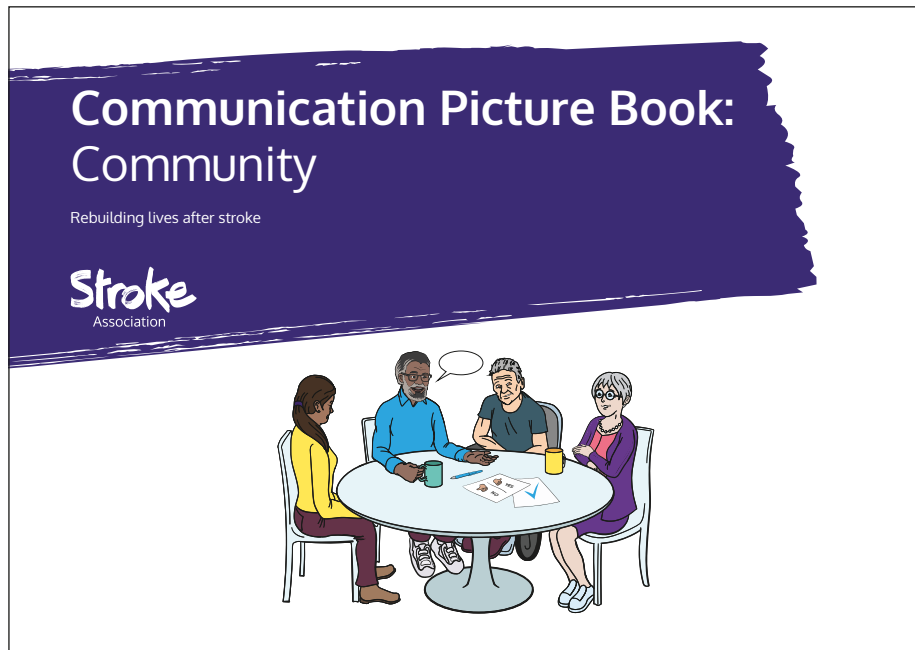


Communication Picture Book: Community

Rebuilding lives after stroke

Stroke
Association





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

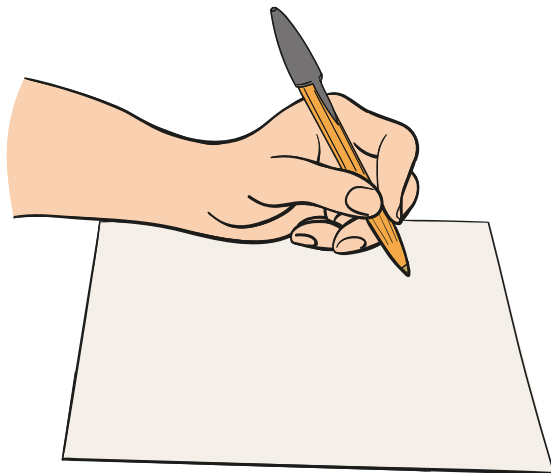
They have **helped us** to **choose** the **words** and **design** the **pictures**.

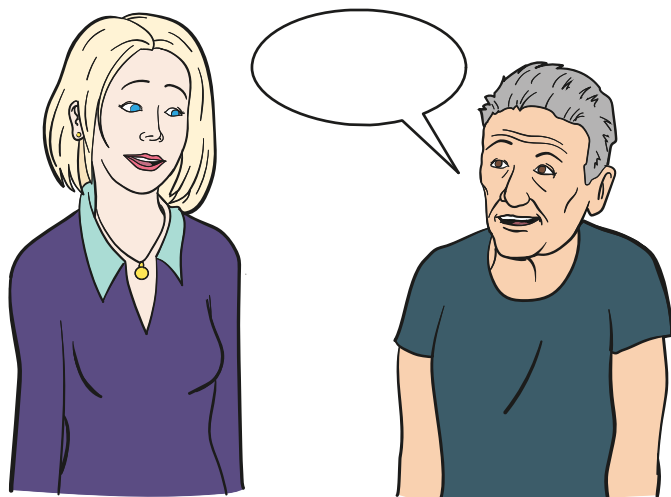
You can use the book to **support your communication**.

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

You might want to:

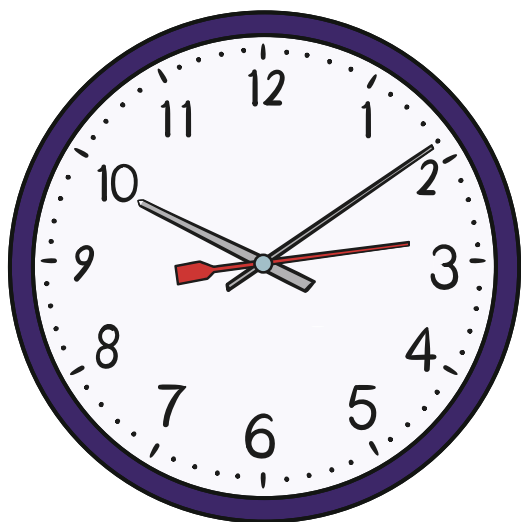
- **Show** people **how you** like to **use it**.
- **Write** or **draw** on the pages.
- **Add** extra **notes** or pictures.





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**.



About me

My name is _____

I like to be called _____



Date of stroke _____



My key contacts:

Making choices



Yes



No



Not sure



Ask my opinion



Tell me more information



I do not understand

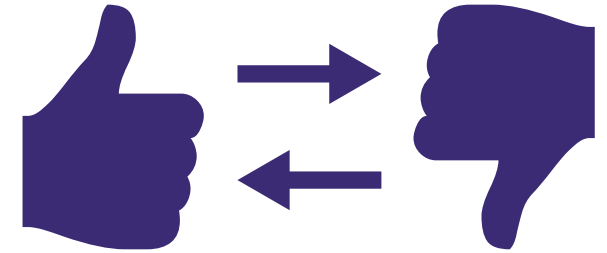
I have communication difficulties



Struggle to find the right word



Use the wrong word



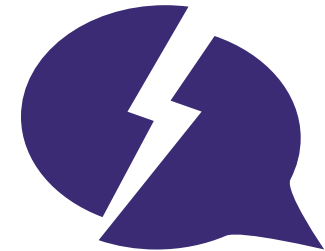
Mix up 'yes' and 'no'



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 gesture



Draw for me

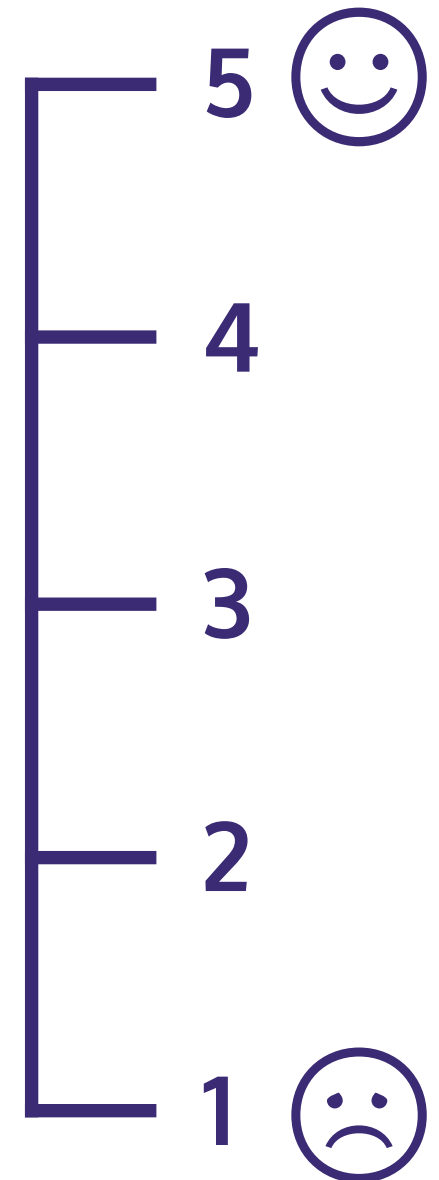
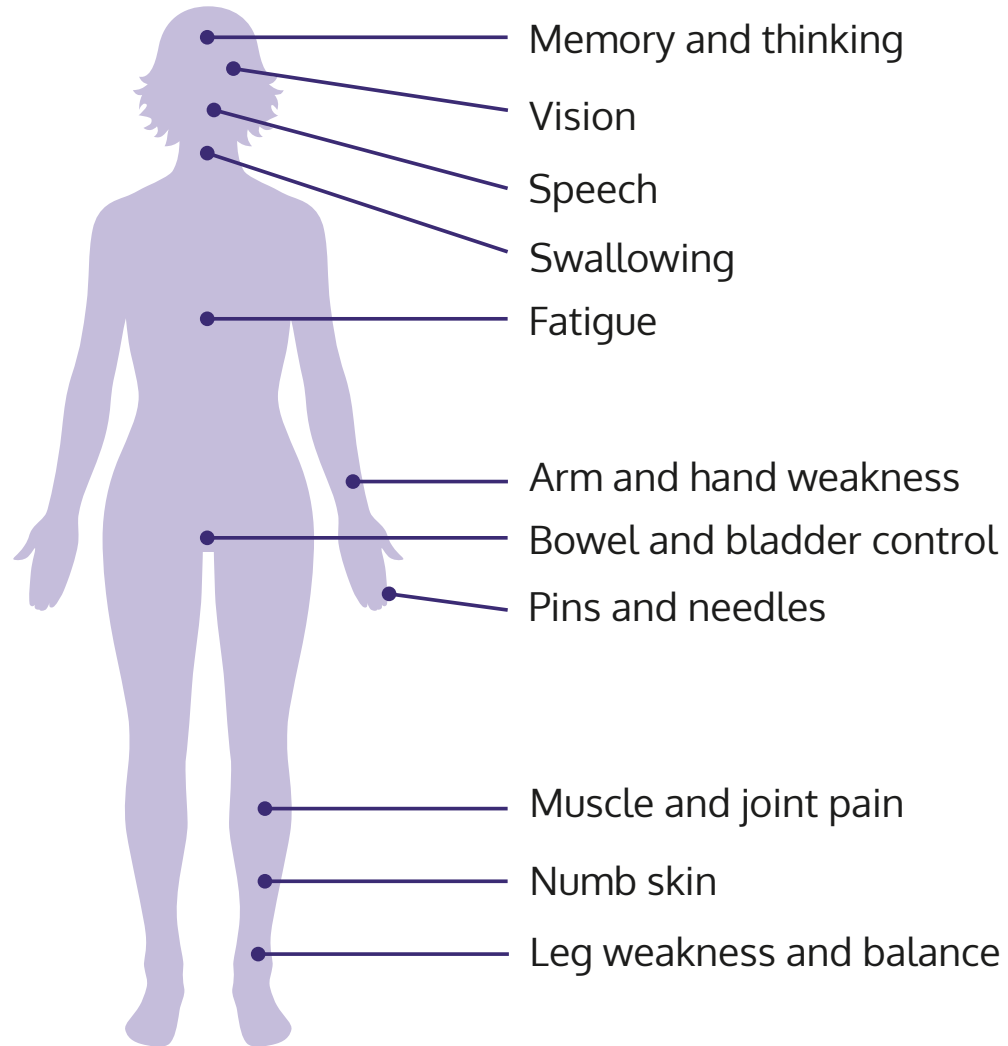


Reduce background noise



Do not shout or talk over me

My body



I have



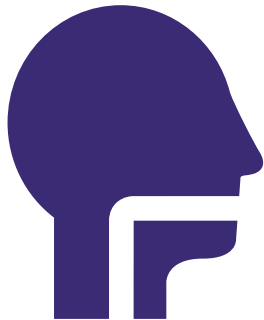
Visual difficulties



Hearing problems



Fatigue



Dysphagia
(swallowing difficulties)



Mobility difficulties

Notes:

My health



Ok



Pain



Dizzy



Sick

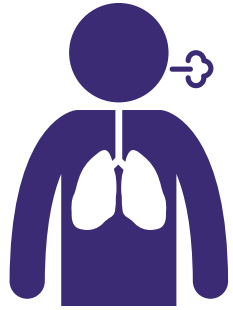


Tired

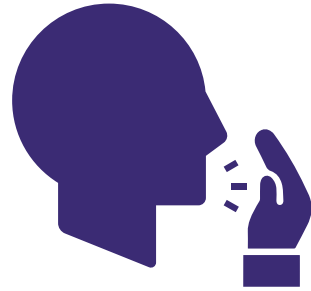


Help

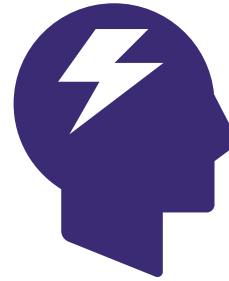
My health



Difficulty breathing



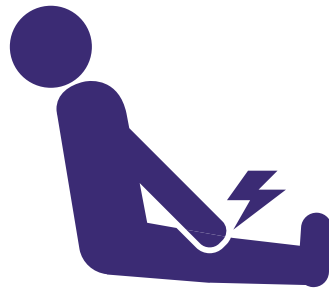
Cough



Headache

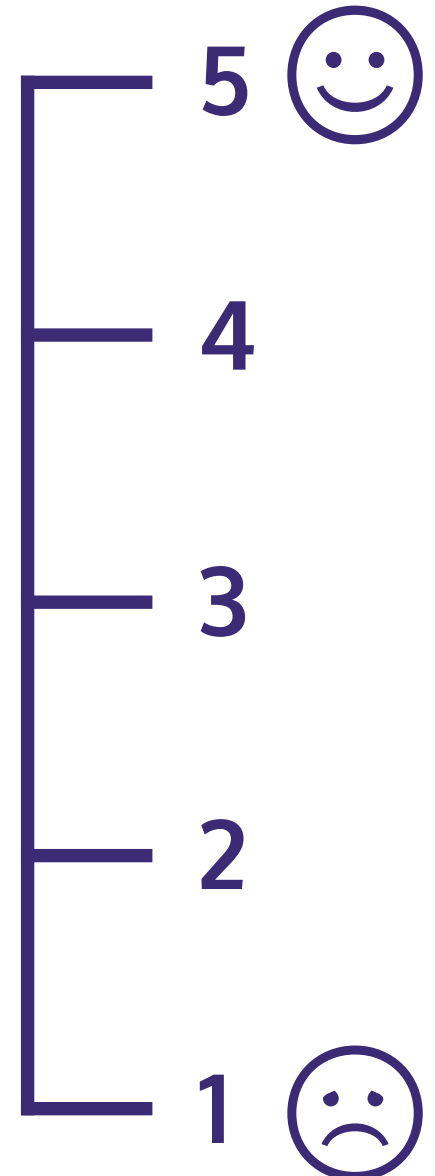


Blurred vision



Cramp

Notes:



I feel



Happy



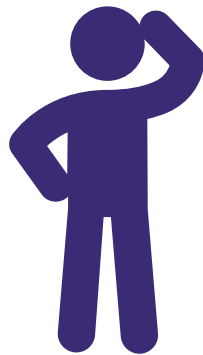
Sad



Worried



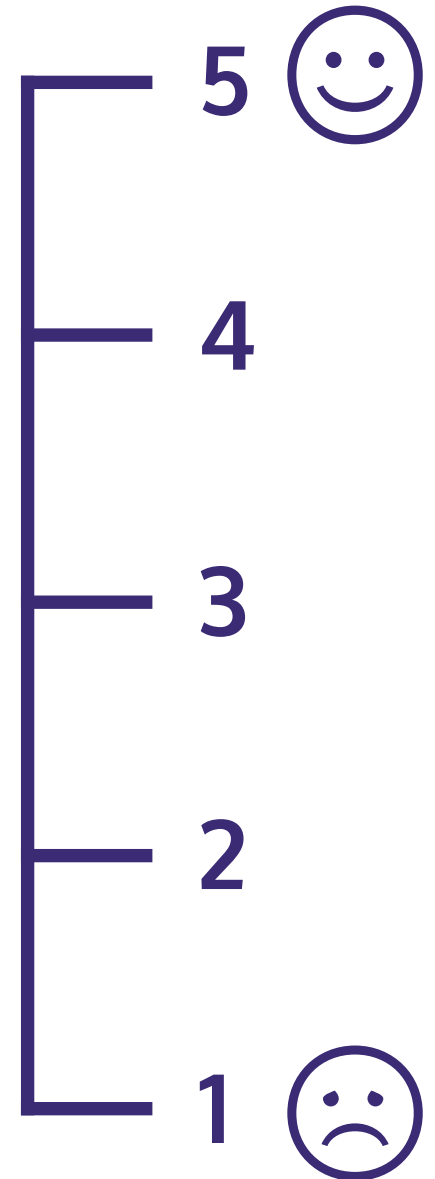
Frustrated



Confused



Scared



I feel



Excited



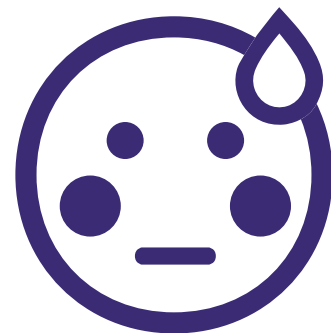
Angry



Proud



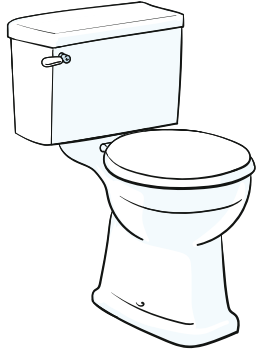
Disappointed



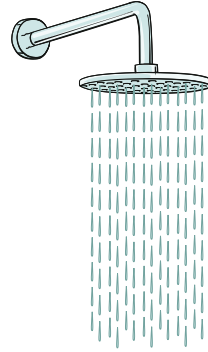
Embarrassed

Notes:

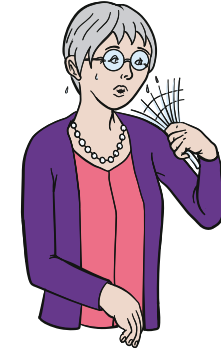
Home comfort



Toilet



Shower



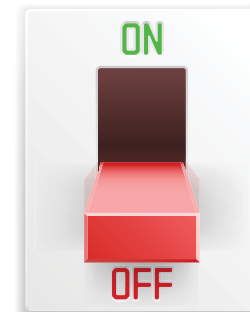
I feel hot



I feel cold

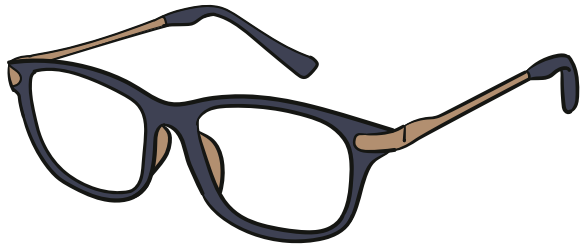


On

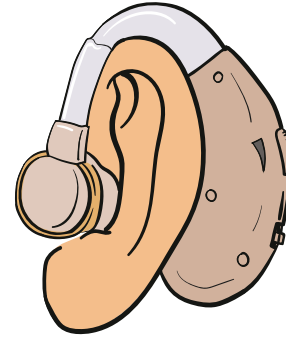


Off

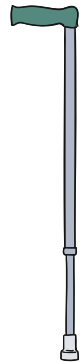
I need my



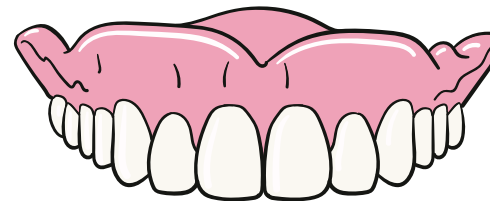
Glasses



Hearing aid

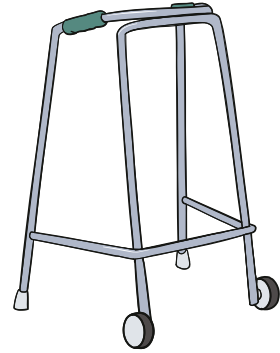


Walking stick

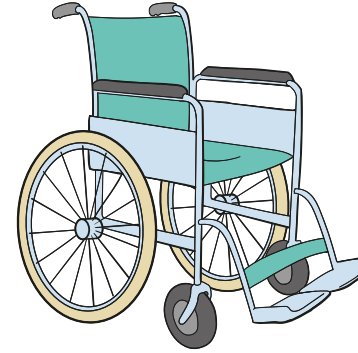


Dentures

I need my



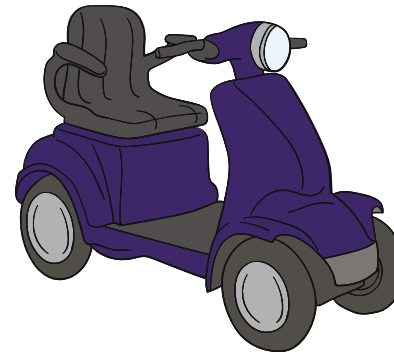
Walking frame



Wheelchair

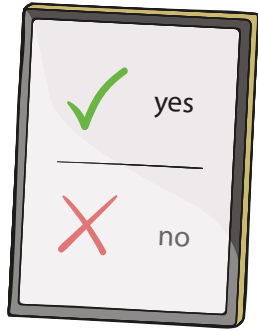


White cane

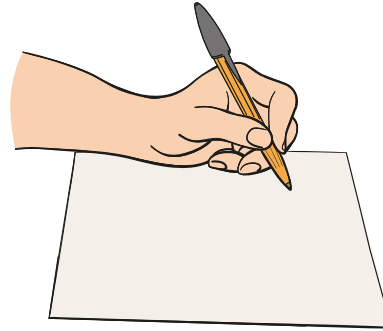


Mobility scooter

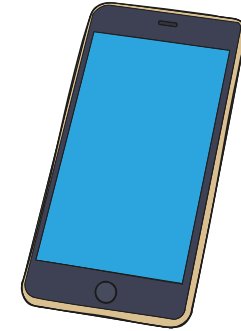
I need my



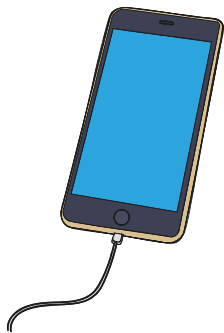
Communication aid



Pen and paper



Phone



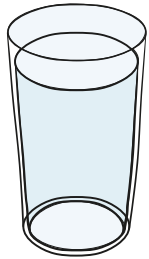
Phone charger



Medicine

Notes:

Drinks



Water



Juice



Milk



Tea



Coffee



Sugar

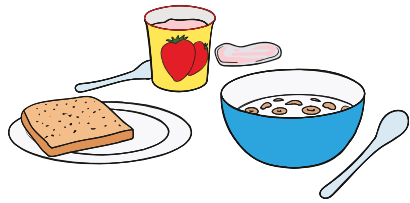


I do not want to drink

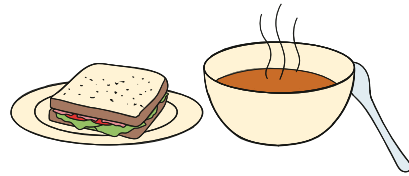
My favourite food and drink

Notes:

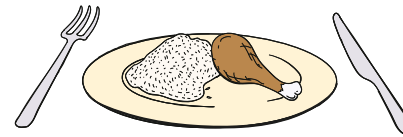
Food



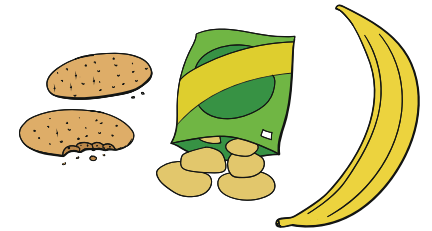
Breakfast



Lunch



Dinner



Snack

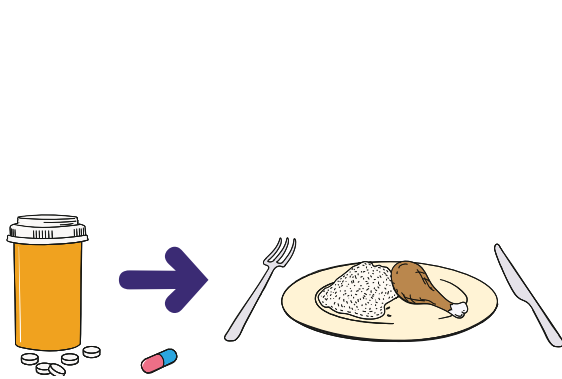


I do not want to eat

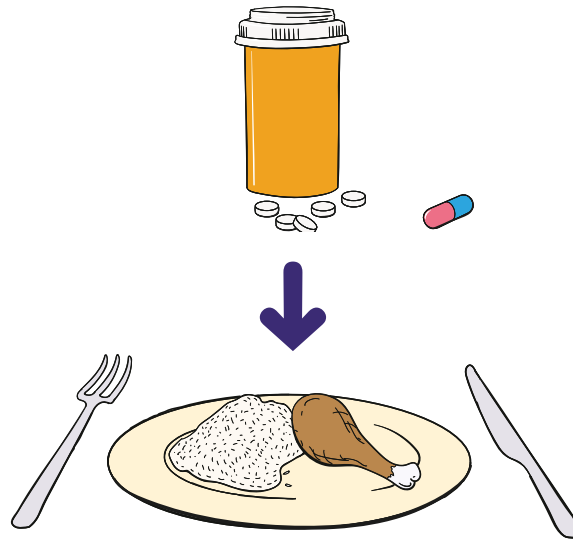
I have **dietary requirements:**

I cannot eat:

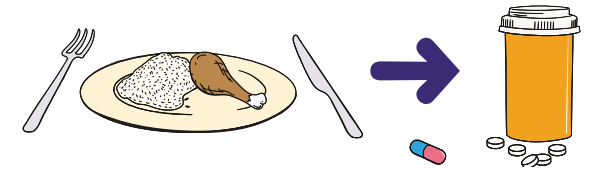
Food and medicine



I take medicine **before**
my meal



I take medicine **with**
my meal



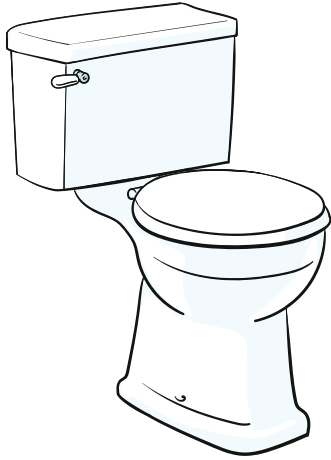
I take medicine **after**
my meal



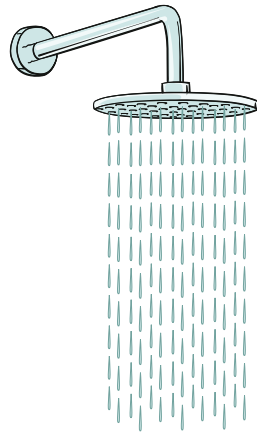
My social circle

Notes:

Bathroom



Toilet



Shower/ Bath



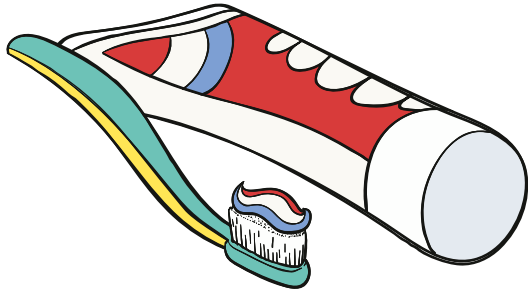
Wash hair



Shaving

Notes:

Getting ready



Brush teeth



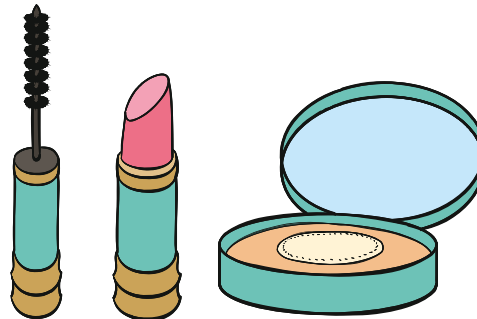
Wash face



Brush hair



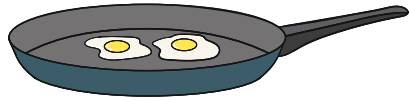
Get dressed



Put on make-up

Notes:

Activities



Cooking



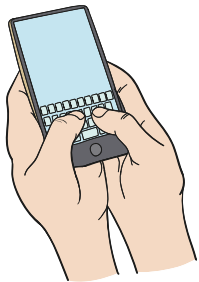
Apps



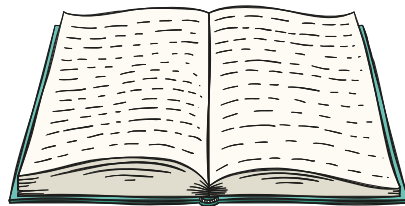
Seeing my
stroke group



Watching TV



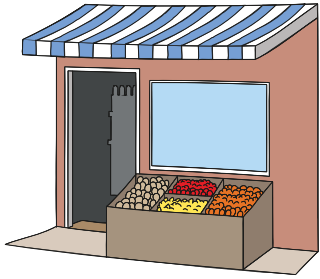
Using my phone



Reading

Notes:

Places to visit



Grocery shop



Café



Pharmacy



Post office



My GP



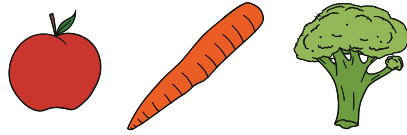
Hospital

Notes:

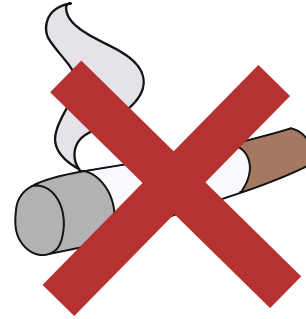
Staying well



Medicine



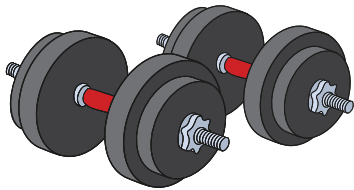
Healthy food



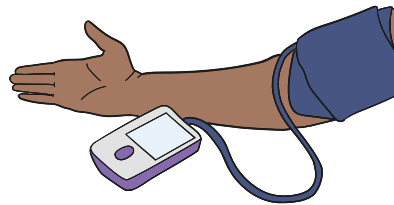
Stop smoking



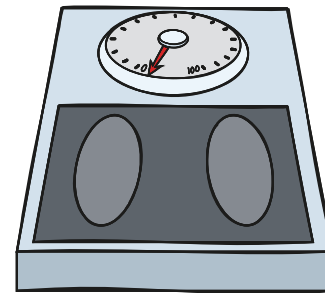
Limit alcohol



Exercise

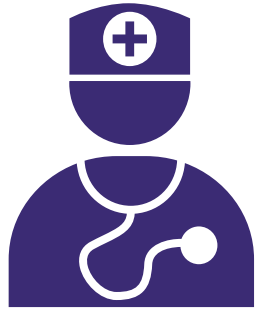


Blood pressure



Healthy weight

Health professionals



Doctor



Speech and language therapist



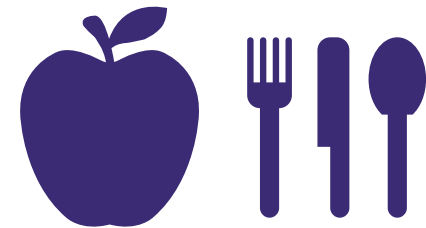
Occupational therapist



Nurse



Physiotherapist



Dietitian

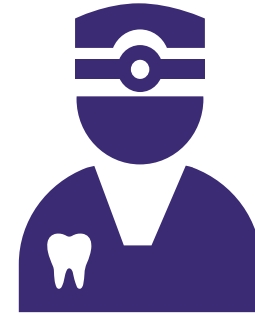
Health professionals



Social worker



Psychologist



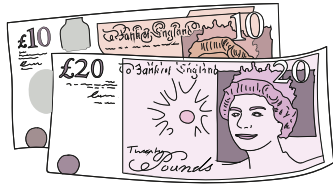
Dentist



Optician

Notes:

Money



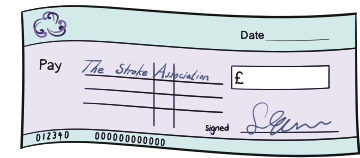
Cash



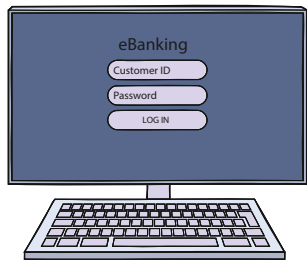
Coins



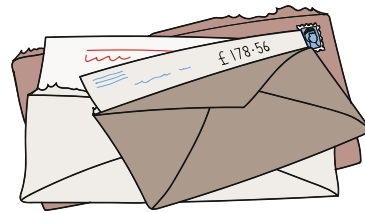
Card



Cheque



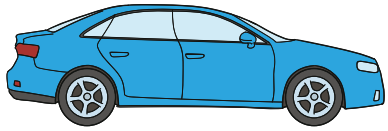
Internet banking



Bills

Notes:

Transport



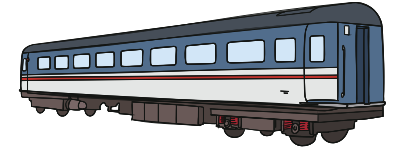
Car



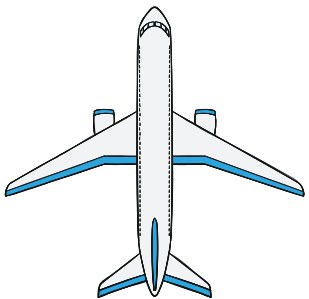
Taxi



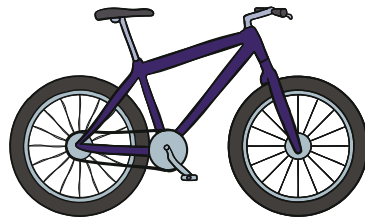
Bus



Train



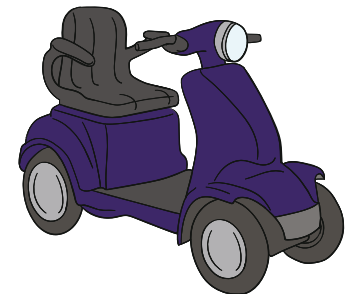
Plane



Bicycle

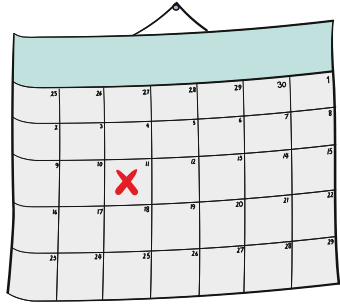


Walking

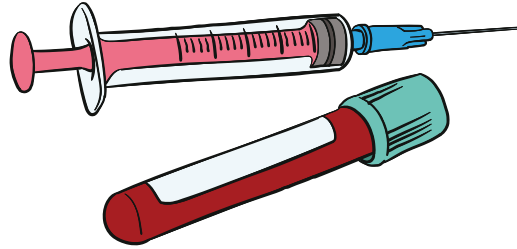


Mobility scooter

Health check



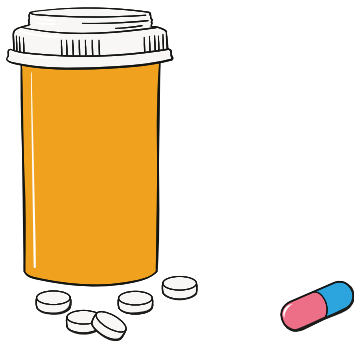
Health appointment



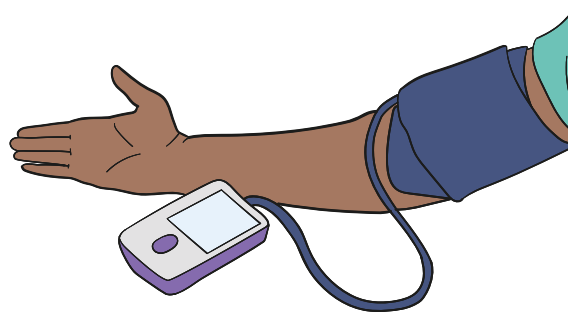
Blood test



Rehabilitation/ therapy

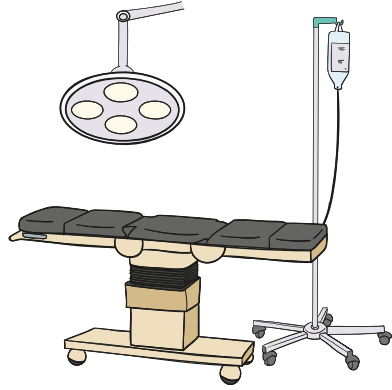


Medicine

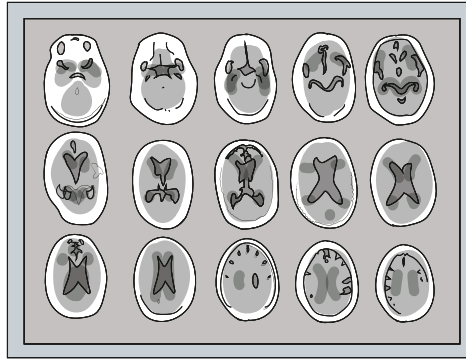


Blood pressure

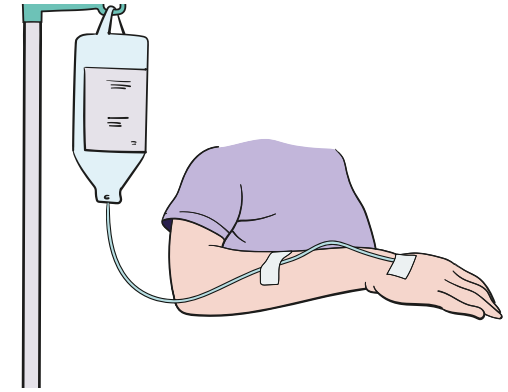
Hospital



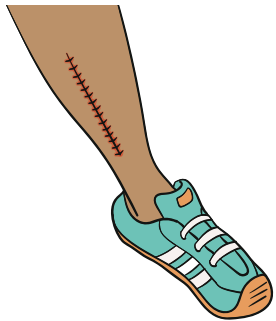
Operation



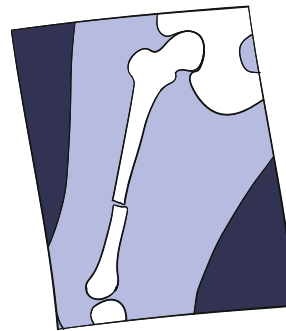
Scans



Drip



Stitches



X-rays

Notes:

Days of the week

Monday

Tuesday

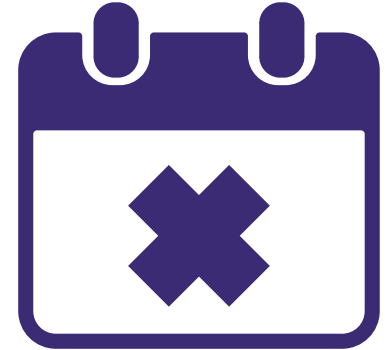
Wednesday

Thursday

Friday

Saturday

Sunday



Calendar

January
February
March
April

May
June
July
August

September
October
November
December

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				

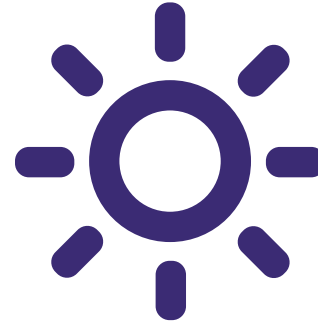
Time



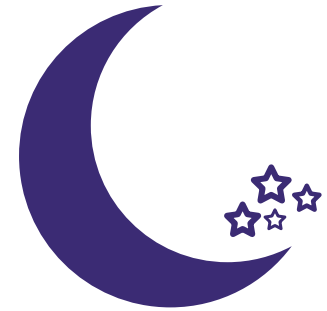
What time is it?



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

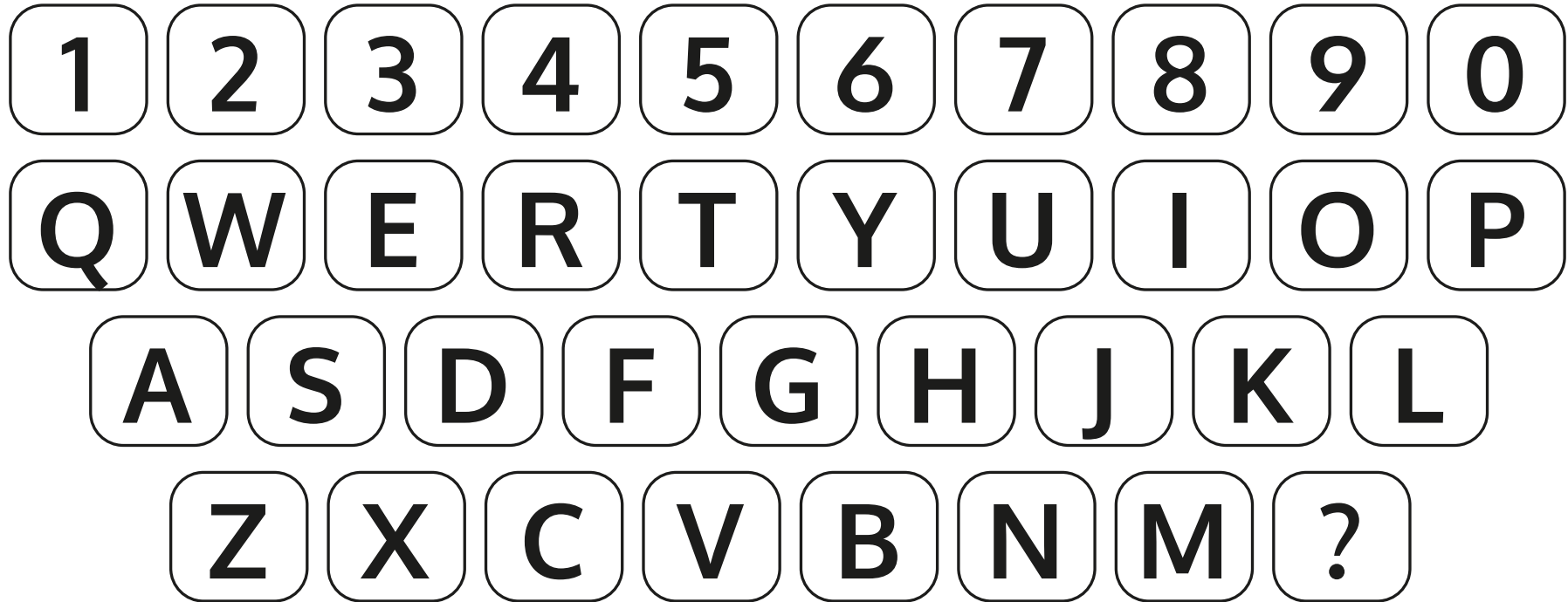
Yes



No



Keyboard



Yes



Space



No



Order a free Communication Support Pack

The **Stroke Association** is a charity that helps people **rebuild** their **lives after stroke**.

Order your **free communication pack**. This includes:

- Two **guides** in an **aphasia-friendly** style.
 1. **Your communication** after a stroke.
 2. **Stroke**.
- Communication problems after a stroke **guide** for **carers**.
- Communication **card**.
- Communication **Picture Book: Community**.

To **order** or **download** your Communication Support Pack visit **stroke.org.uk/aphasia**
Or **call** our **Helpline** on 0303 3033 100.



Our Stroke **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**.

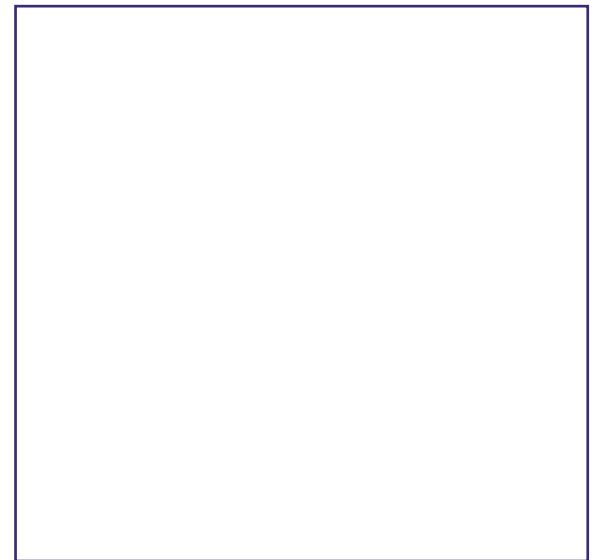
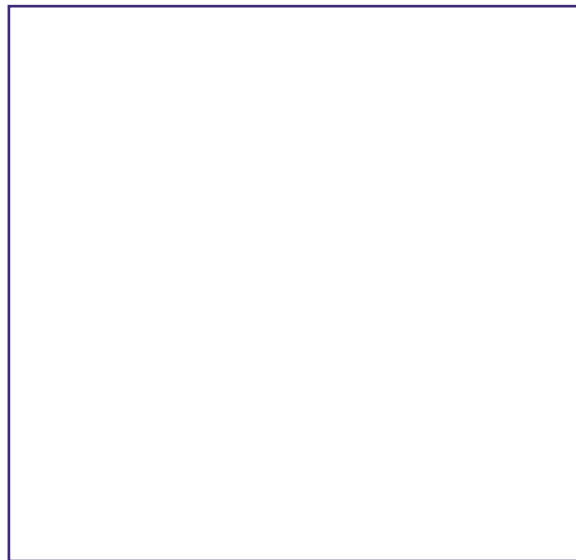
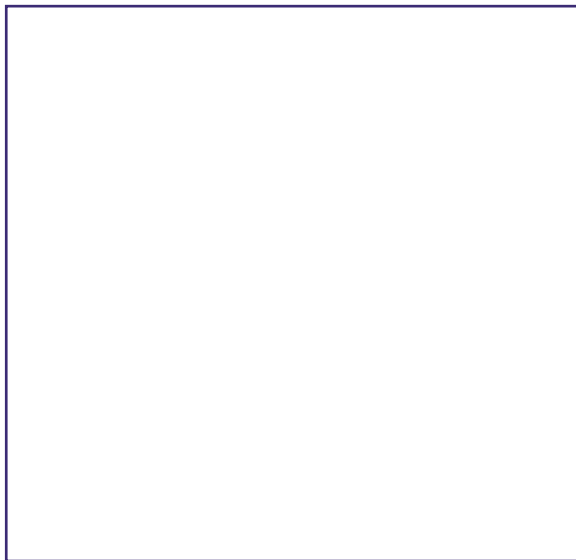
You can phone **0303 3033 100**.

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



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

Website: **stroke.org.uk**



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Notes:

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A **stroke** happens **every five minutes** in the UK.

Stroke **changes lives.**

Recovery is tough.

But with the **right specialist support** the brain can **adapt.**

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

With more **donations and support** we can **rebuild** even more **lives.**

Contact us

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

Stroke Helpline: **0303 3033 100**

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

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

Website: **stroke.org.uk**

Rebuilding lives after stroke

Stroke
Association

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Also registered in the Isle of Man (No. 945) and Jersey (No. 221), and operating as a charity in Northern Ireland.