

## **I have Aphasia - how you can help me**

I have aphasia. This means I find it difficult to:

- speak
- find words
- reply quickly
- read
- write
- understand
- remember information.

If I have difficulty speaking, you can help me by following these guidelines:

- Listen patiently and give me time.
- Speak slowly and in short, simple sentences.
- Ask me questions one at a time.
- Be prepared to repeat the message many times in different ways.
- Have a pen and paper handy so I can write or draw my message.
- Use gesture, such as thumb up or down for 'yes' and 'no'.
- Do not pretend to understand me if you haven't.
- Be as positive and encouraging as possible.
- Make signs and price tags clear, large print and easy to read.