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MY COMMUNICATION

I may use more than one way to communicate. Tick all the ways that I use.

- | | |
|---|--|
| ☐ I speak / use words | ☐ BSL - British Sign Language |
| ☐ Gestures | ☐ Easy Read |
| ☐ Facial expressions / body language | ☐ Pictures / symbols / cards |
| ☐ SSE - Sign Supported English | ☐ Communication device / app |
| ☐ Makaton | ☐ Writing or typing |

Other ways I communicate:

THE BEST WAYS TO COMMUNICATE WITH ME

1.

2.

3.

It may be different depending on the situation:



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HELPING ME UNDERSTAND

The way information is given to me can make a big difference.

THE BEST WAY TO GIVE ME INFORMATION

- I understand information best when:

- The amount of information I can manage at one time:

- Pictures, Easy Read, signs or other things that help me:



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GIVING ME TIME & CHECKING I UNDERSTAND

I may need time to process information and a clear way to check what I have understood.

I MAY NEED TIME

- How much processing time I may need:

- How you can tell I am still thinking:

CHECKING I HAVE UNDERSTOOD

- The best way to check I have understood:

- What helps if I have not understood:

Please do not assume I understand just because I say yes or agree.



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HOW I SHOW WHAT I MEAN

These are some of the ways I may show what I want, need or mean.

HOW I SHOW YES

- This is how I show or say YES:

HOW I SHOW NO

- This is how I show or say NO:

IF YOU ARE NOT SURE WHAT I MEAN

- This is what helps:



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WHEN I NEED HELP

These are things that can help people understand and support my communication.

HOW I SHOW I NEED HELP

- This is how I may ask for help:

- Things you may notice:

WHEN COMMUNICATION IS HARDER FOR ME

- Situations or places where communication may be harder:

- Things that can make it harder:

- What can help:



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MORE ABOUT MY COMMUNICATION

Use this page for anything else that helps people communicate well with me.

PEOPLE OR COMMUNICATION SUPPORT THAT CAN HELP

- A person who knows my communication well:

- Professional or communication support I use:

- Communication aids or information I may need with me:

- Anything useful to bring to appointments or meetings:

ANYTHING ELSE I WOULD LIKE YOU TO KNOW
