

5 Communication Tips for Blue Light Projects

You may be working with people who struggle with communication because their memory and thinking skills are affected by alcohol related brain damage. Here are some quick and easy things to try to see if they help:

- Keep background noise, distractions and interruptions to a minimum e.g. meet in a quiet room, turn off the TV.
- Use a short written agenda, show it at the beginning of the meeting and tick things off together as you go. This supports memory and keeps things on track.
- Pictures can also help attention, understanding and memory. If you need to discuss an issue try using a printed Powerpoint deck with the person. Use one picture and one to two short statements per slide to give a background and shape the conversation.
- Use words familiar to the person and keep your sentences short. This helps people understand and remember what you have said for long enough to answer.
- Give people time and silence to answer your questions. This helps people think things through at their pace. Try counting to 5 to stop yourself from interrupting too soon!

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