

Advice for communication partners

The speech and language therapist will have spoken to your relative or friend about Parkinson's and ways to help make their speech clearer. However, there are a number of ways you can help improve communication.

1. Make sure the room is as quiet as possible – for example, turn down the television.
2. Look at the person who is speaking, as you can gain clues by watching them.
3. Concentrate only on the conversation and try not to do other things at the same time.
4. Do not pretend you have understood if you have not, as this can be frustrating.
5. If you are struggling to understand:
 - Encourage them to **take a deep breath** and speak **loudly**
 - Ask for the topic of the message, so you can use context cues to help you.
 - Repeat the part of the message you have understood, so that they do not have to say that part again.
 - Ask them to say it in one word at a time and exaggerate the sounds in each word.
6. It may help to have a pen and paper handy. Ask them to write key words if necessary.
7. Speak to the speech and language therapist for advice on alternative methods of communication if required.

Speech and Language Therapist: _____

Telephone number: _____

Compiled by Speech and Language Therapy

Last reviewed: March 2017

Leaflet reference: SLT13-004-CC/PIL17-0275

Working **together** to achieve the healthiest
life possible for everyone in Ayrshire and Arran

