

# How do I communicate

## What is the tool?

A communication chart is a simple, yet powerful way to provide a quick snapshot, or a detailed outline of how you communicate with others if you need support in this area of your life. It will help you record a richness of information about what and how you communicate.

at this time	when this happens	we think it means	and we do this

## How can it help me with my support plan?

Some people, at different time of their lives and especially in times of ill-health or stressful situations, can find it difficult to use speech to express themselves, or to understand what is being said to them. It is then that they may rely on non-verbal methods of communication - body language, facial expressions, gestures, signs, and different ways of behaving - to express their views.

If this applies to you, it's vital that this is included in your support plan to ensure that it enables you to stay in control. To do this, you can use communication charts with decision making profiles and agreements.



## How can I use this?

A communication chart illustrates what and how you are communicating to others.

It can be helpful to think about the following questions:

- What makes you sad, happy or angry and how would others know this? How would your supporters know if you like or dislike something, or are in pain?
- Are there any occasions when your communication with behaviour is clearer than when you communicate with words?
- Do you ever say something whereby you mean something else?
- Do you ever use words in different ways than most people would expect?
- Are there any occasions where you have difficulty expressing your feelings?

You can record this information in a clear, simple communication chart, or table. The table above is a way to record how you communicate.

The table below is a way to record how the people who support you can communicate with you.

we want to tell...	to do this we	helped / supported by