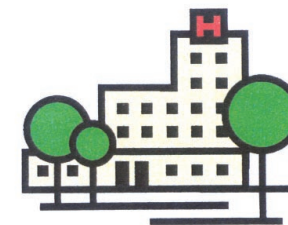
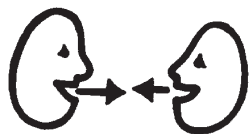


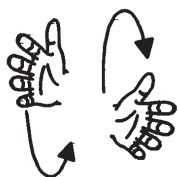
The Hospital Communication Book



Helping to make sure people who have difficulties understanding
and /or communicating get an equal service in hospital



Talking clearly



Using Signing



Hearing loss



Visual
Impairment



Using Pictures
and Symbols

Introduction and Contents

This communication book has been developed on behalf of The Learning Disability Partnership Board in Surrey. The Partnership Board funded the Access To Acute Hospitals Project which aimed to help make sure that people with a learning disability had the right support when they used acute hospital services. The biggest barrier to people receiving the right support was found to be communication. This book aims to help hospital staff in 2 ways, and contains 2 sections.

- **Section 1** - To give acute hospital staff basic information about the communication needs people may have
- **Section 2** - To be a practical communication tool people can use to help communicate together.



Section 1 - Information Pages

- **Page 3** - Communicating with speech
- **Page 4** - Supporting people with visual impairments
- **Page 5** - Supporting people with a hearing loss
- **Page 6** - Using Signing
- **Page 7** - Examples of useful signs
- **Page 8** - Using photos, pictures, and symbols

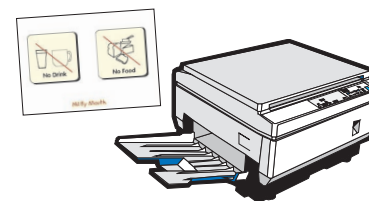
These pages aim to explain some of the key communication issues for people with learning disabilities. Also to give you advice and practical tips on how to communicate clearly with people with learning disabilities, and other people who may have difficulties communicating.

Section 2 - The Picture, Symbol, Photo Toolkit

- **Page 9** - Drinks
- **Page 10** - Food
- **Page 11** - People
- **Page 12** - Personal things
- **Page 13** - Personal care
- **Page 14** - Symptoms
- **Page 15** - Degree of Pain
- **Pages 16, 17, 18** - Procedures
- **Pages 19 & 20** - Body parts
- **Page 21** - Full Body
- **Page 22** - Nil by Mouth
- **Page 23** - Places
- **Page 24** - When Do I Go Home ?

These are practical pages of pictures you can use to offer people choices, explain to people what is going to happen, and help them to communicate to you. Please read page 8 before using the pictures with people as this gives important advice on how to use them. Bear in mind not everyone will be able to recognise the meaning of all the pictures. They can help to back up what you are saying, and clue people in.

We are keen that you use this book in anyway you feel can improve a person's experience whilst in hospital. You may find it useful to photocopy some of the pages to use seperately. For example the 'Nil by Mouth' page can be copied to be displayed above a person's bed. To respect the copyright of Rebus, PCS, Makaton, Change Picturebank and Photosymbols graphics please do not reproduce these pages for any other purposes.



Many thanks to the Building Links Group from Bentley Day service for helping to choose the symbols used.

Communicating Clearly with Speech

We usually talk too fast



It takes more time for many people to process the words they hear.

This is true for many people with a learning disability.

And also true for all people when they are feeling anxious

People don't understand all the words we use



Use everyday words wherever you can. Use short simple sentences. Have only one idea in a sentence.

You may have a much larger vocabulary than the person you are communicating with

Use very Literal Language

When people are talking to us we understand much of their meaning by their tone and body language.

Also, we often talk using abstract phrases rather than accurate words. Look at these phrases.

I'll give you a bell later

The doctor's doing her rounds

He can't see the wood for the trees

Some people will be less skilled at interpreting abstract language. They take a more literal meaning from words, and can get confused.

Some people with a learning disability may only pick up key words in a sentence. This means they may only take in one, two, or three words of your sentence. **For example :**



Unfortunately due to complications it's not possible for you to go **home** yet, we may know more **tomorrow**



home tomorrow

It's important to make sure the person has understood the main idea of your message

DON'T SHOUT - IT'S RUDE, AND DOESN'T HELP COMPREHENSION !!!!

Using gestures helps



Gestures and facial expressions give visual clues about the meaning of what you are saying, as well as slowing down the pace of your speech

Supporting People with Visual Impairments

"In the UK 17,000 people with sight problems use a white cane. Another 5000 use guide dogs. There are many more who need help with their everyday living".



There are around 23,000 people in the UK who have a severe loss of both sight and hearing.

About 200,000 have less serious dual sensory loss.

Be aware how you explain things.

We often talk in a very visual way.

For example when asked where the toilet is "the green door on the right" is not a helpful answer! If you are physically shown you can work the route out for yourself.

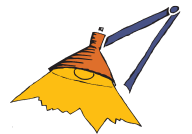
To make hand writing more legible, choose a dark felt tip pen and write neatly using thicker strokes. Be aware that some people have good vision in a limited area so would be ok with smaller print.

Avoid clutter! Try to minimise the risk of someone tripping over things

It's important to take the time to tell people where the important things are like toilets, call buttons, and drinks.

People may need a bit of time before they are confident. It can help people to have a bed near a landmark in the room, say a bed at the end rather than in the middle.

Good lighting is important. A clip on reading lamp may be useful for a person to have.



A magnifying glass may be useful to have around the ward for people who have a visual impairment to use to read.

Be aware that people have a variety of sight difficulties and a magnifier may not meet their needs.

Encourage people to bring in their own magnifier.



Menus and food are a very common difficulty for people with sight problems in hospital People will often have difficulty reading and ticking the menus as they are usually printed in very small writing. Read the menu out for someone or enlarge in on the photocopier if someone reads large print. **Meals may be left on a tray, on a table, which is out of reach near the end of the bed.** Someone who has a visual impairment may not see the meal and miss their food. It's important that staff take the time to describe to the person what is happening & where things are.

Supporting People with a Hearing Loss

Firstly, establish how the deaf person communicates. If they are asking you a question using their voice, it is safe to assume that they will be expecting to lip-read your reply.

- **Face the person directly**, if you look away the deaf person cannot see your lips.
- **Speak clearly at a normal pace.** Do not shout
- **Make sure you have good light on your face** so the person can see your features and read your lips easily.
- **Use whole sentences rather than one word replies** - lip-reading is 70% guess work and many words look the same. Using sentences gives contextual clues.
- **Be patient**, if you are asked to repeat something try changing the sentence slightly, it may make it easier to understand.
- **Do not give up**, if you cannot make yourself understood then try writing it down or drawing what you mean.
- **If the person is a sign language user, they will probably still expect to have to try to lip-read your reply.** Very few hearing people sign, and deaf people are used to trying to communicate with hearing people.
- **Use gestures to help explain what you are saying.** Use gestures, point, mime to help explain what you are saying. E.g. Show a cup and ask what they want to drink.

Mime driving a car to ask if you can give them a lift. Point to objects to give clues, or point to give directions. Show size and shape with your hands

- **Use facial expressions to help convey meaning.**
- **Fingerspelling** - Deaf people usually fingerspell names, places, and unusual words.



If the person has a learning disability and a hearing loss then please note this general advice about hearing loss, but also allow for the person's learning disability **see advice on page 3.**



Using Signing To Support Speech



The main benefit of using signing with speech is that it makes communication visual.

People can see what you are saying as well as hearing it.

People then have more ways of understanding the message.



British Sign Language (BSL)

Is a full visual language used by many deaf people to communicate. Not everyone who signs uses the full BSL.

Some people use signs to support the words they are speaking. Many people who acquired a hearing loss later in life use signing in this way.

A deaf person may need the support of an interpreter. Contact your local Deaf Services Team

Makaton Signing

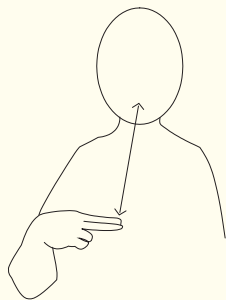
Makaton is a language programme integrating speech, manual signs, and graphic symbols. Many people with a learning disability use Makaton. Key words are signed.

We are **going** to the **shop** in the **car**.

You only sign the bold words.
Contact Makaton for advice on training. Their website is www.makaton.org

On the following page we have included diagrams of a few signs you may find useful on a hospital ward. These are signs for things not easily represented by a picture or symbol. It's best to use the symbols where you can

Some signs have an arrow which shows you the direction to move your hand. The double headed arrow here means up and down.



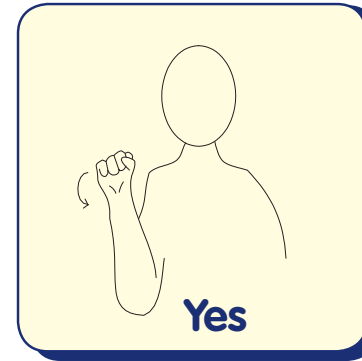
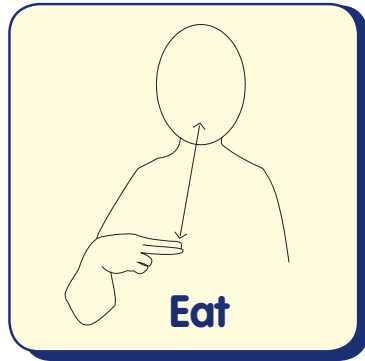
A more specific action is explained in writing.



To explain that you are going for a drive you might say 'we are going in the car' as it keeps the language simple.

The limitation of signing is that, as with speech, when you stop signing the message is gone and relies on the person's memory.

Some Useful Makaton Signs



Please Note : These signs are for illustration. People learn Makaton signing in groups supported by Makaton representatives.
Please go to www.makaton.org for more information

Using Photos, Pictures, and Symbols

Photos, Pictures and symbols can help people to:

Understand Information

Many people with a learning disability do not read, and some people find it hard to understand when you explain things.

Pictures can help get your message across.

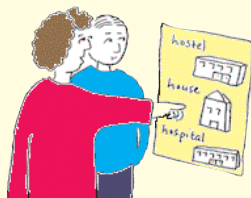


Tell you what they need

Some people with a learning disability do not communicate verbally. Some people's speech can be hard to understand. **Pictures can help them get their message across**

Make choices

Many people find it hard to make choices in their head. Having pictures to look at helps.



One benefit of using pictures is that they are permanent. Once you stop speaking or signing you rely on the person's memory.

The symbols we have included on the next few pages may help you to communicate more clearly with a wide range of people.



car

Many people who have a learning disability will be familiar with some symbols

Symbols are simple line drawings that represent a word



headache

Note of Caution

A picture, photo, or symbol is only a 2 dimensional representation of an object or idea. Not all people with a learning disability will take a meaning from a picture, photo, or symbol.

Some people have a very profound disability and do not use pictures and symbols at all. Using an object, like a cup or a gown, can help to explain what you're saying.

Many symbols look like what they represent - others are more abstract. If you can't easily tell what a symbol represents other people will struggle too, and will need help. Remember that many people won't be able to read the word underneath.

Some people will understand the symbol for car easily but may struggle with headache which is more abstract.

Symbols and Signing

Not everyone who uses signing will be familiar with symbols and not everyone who understands symbols will understand signing. **Some people will use a mixture of both.**

Symbols of Drinks



Tea



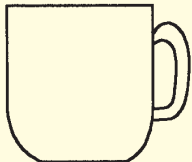
Coffee



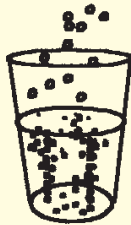
Milk



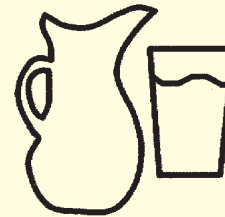
Sugar



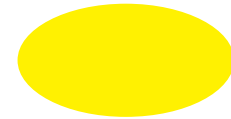
Hot Chocolate



Fizzy Drink



Squash



Lemon



Orange



Blackcurrant



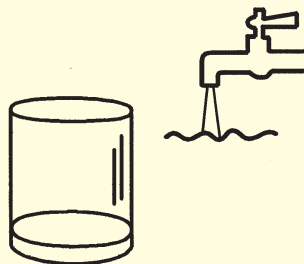
Red Fruits



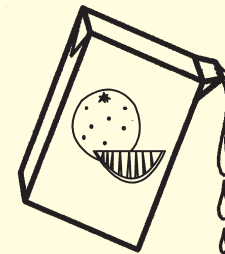
Lime



Milkshake



Water

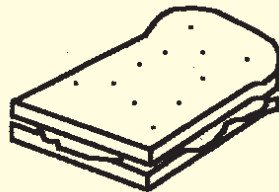


Juice

Symbols of Foods



Dinner



Sandwich



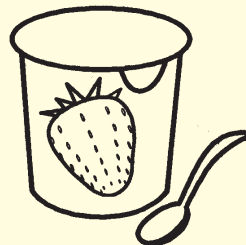
Fruit



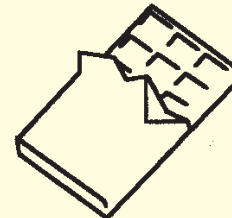
Sweets



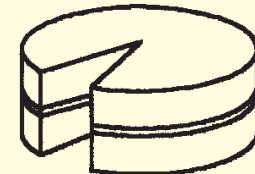
Pudding



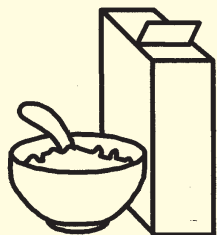
Yoghurt



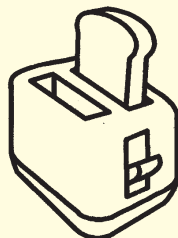
Chocolate



Cake



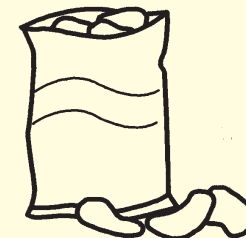
Cereal



Toast

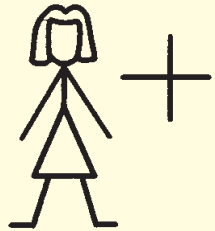


Biscuit

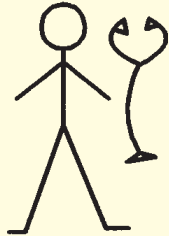


Crisps

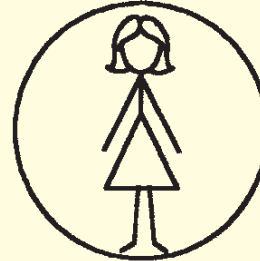
Symbols of People



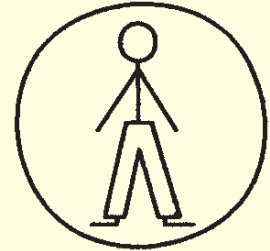
Nurse



Doctor



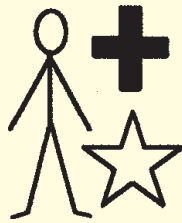
Mum



Dad



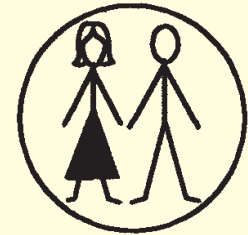
Staff



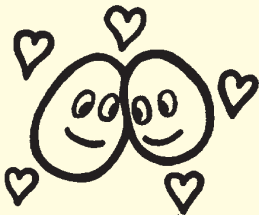
Specialist



Brother



Sister



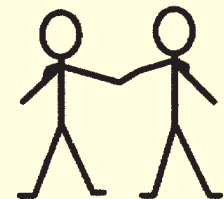
Partner



Grandad



Grandma

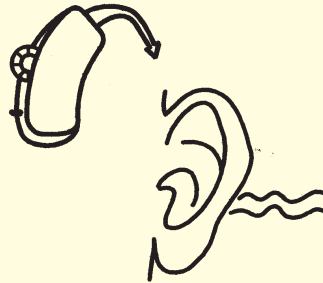


Friend

Symbols of Personal Things



Glasses



Hearing Aid



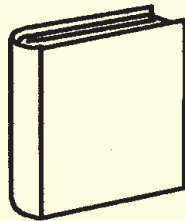
Clothes



Nightclothes



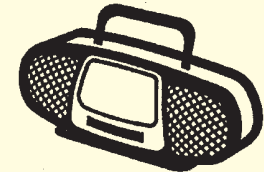
Phone



Book



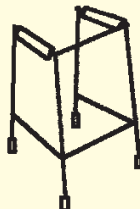
Money



Radio



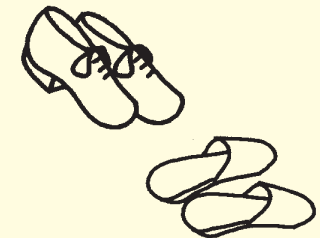
Wheelchair



Walking Frame



Walking Stick

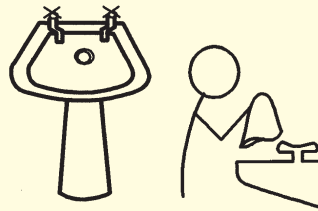


Shoes & slippers

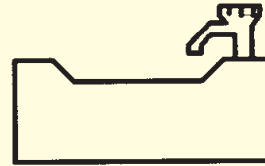
Personal Care Symbols



Shower



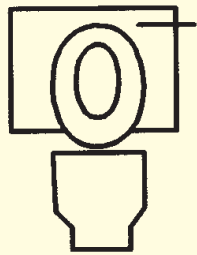
Wash



Bath



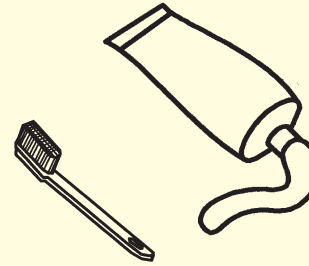
Hairwash



Toilet



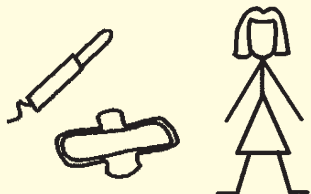
Shave



Brush teeth



Brush hair



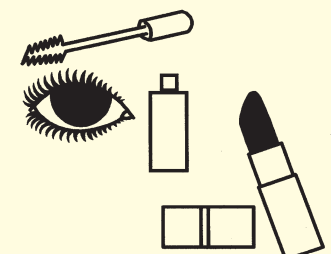
Sanitary wear



Dressing Gown



Toiletries



Make up

Symbols of Symptoms



Hot



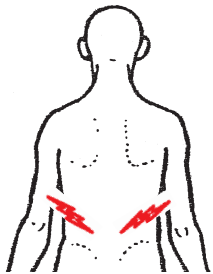
Cold



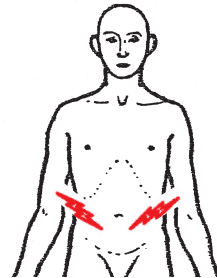
Headache



Dizzy



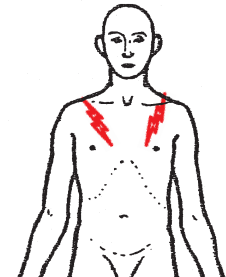
Backache



Tummy Ache



Sore throat



Chest Pain



Constipation



Diarrhoea

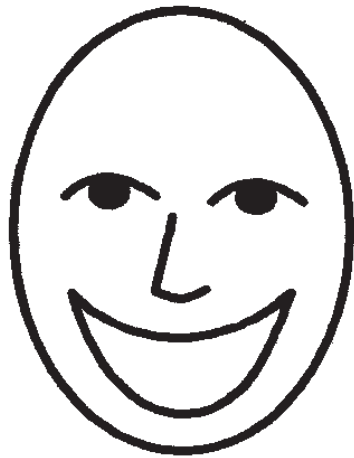


Tired

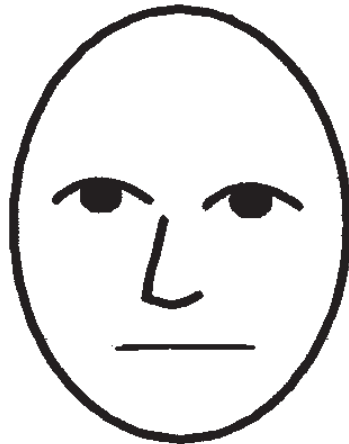


Sick

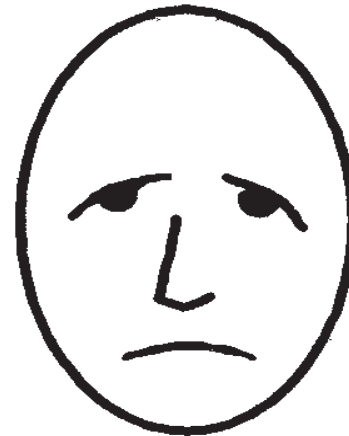
Degree of Pain



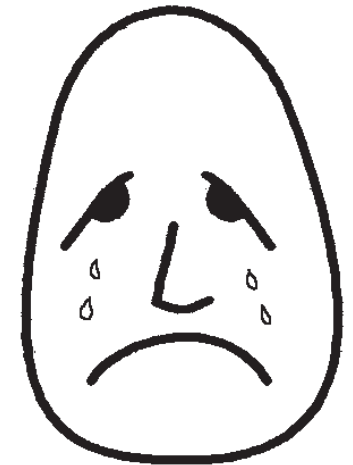
Happy



OK

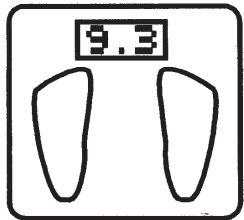


In Pain

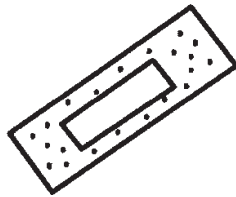


Bad pain

Symbols of Procedures



Weight



Dressing



Bandages



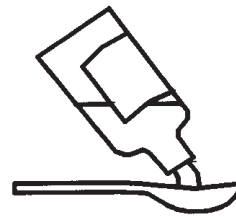
Plastercast



Temperature



Tablets



Medicine



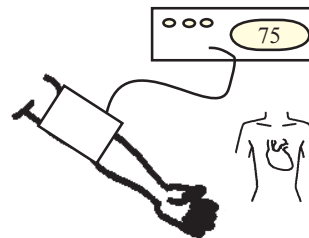
Sling



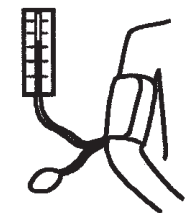
Mouth care



Nail care

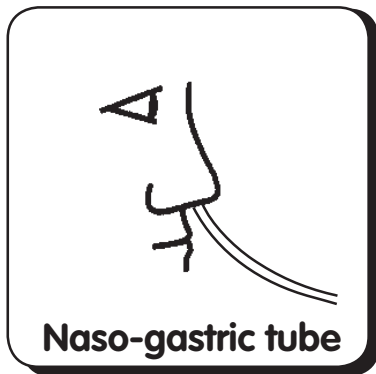
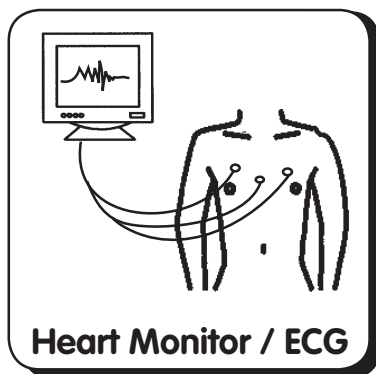
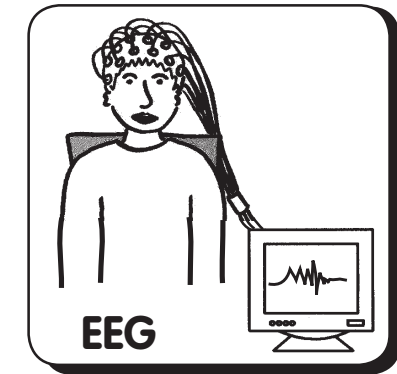
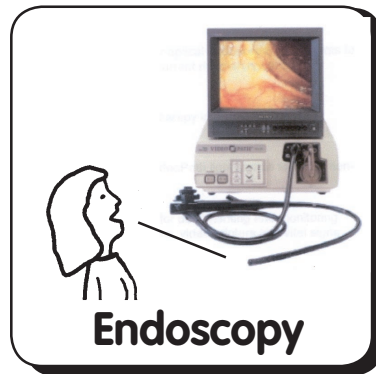
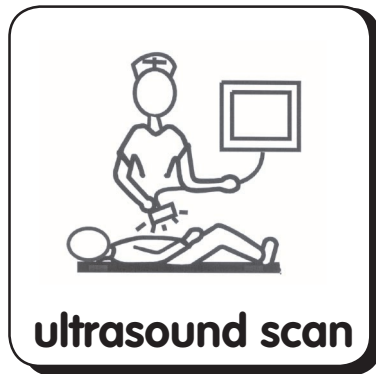
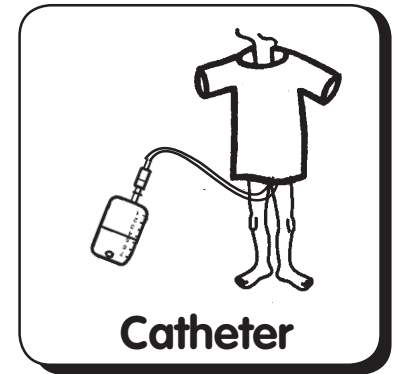
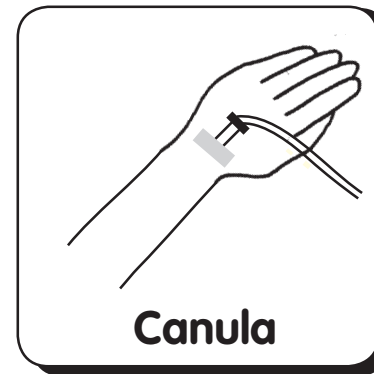
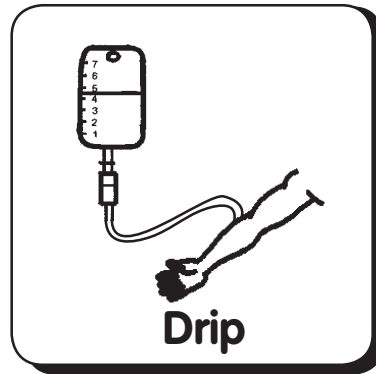
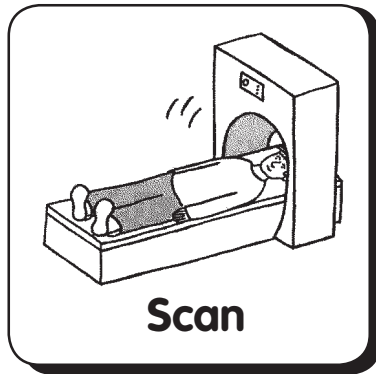


Pulse



Blood Pressure

Symbols of Procedures



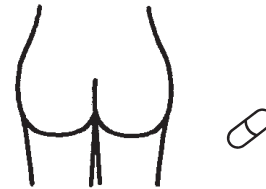
Symbols of Procedures



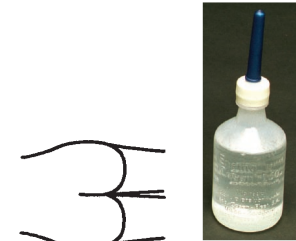
Blood Test



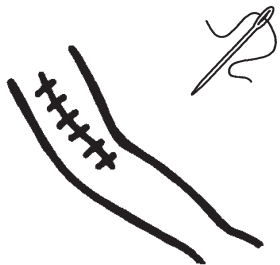
Blood test



Suppository



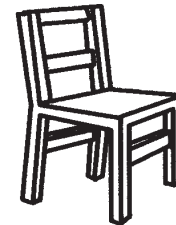
Enema



Stitches



X ray

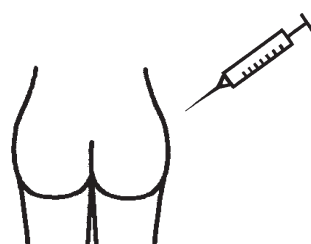


Chair

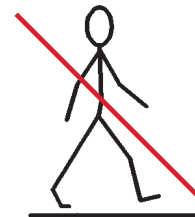
Symbols
for
Moving



Injection



Injection

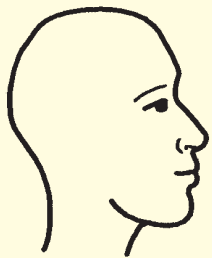


Don't walk

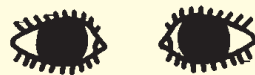


Stay in bed

Body Parts



Head



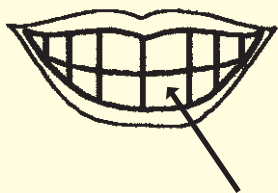
Eyes



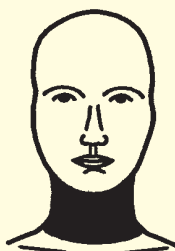
Ear



Mouth



Tooth



Neck



Shoulder



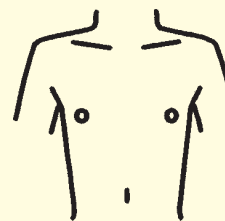
Arm



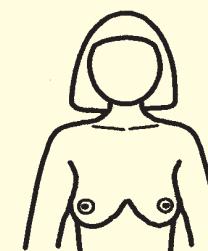
Elbow



Hand

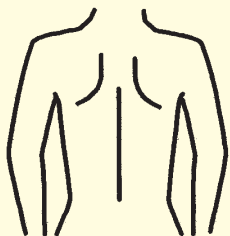


Chest

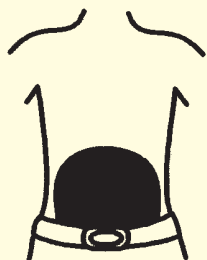


Breasts

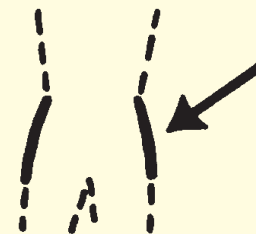
Body Parts



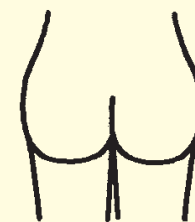
Back



Tummy



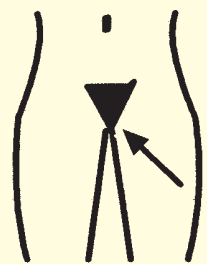
Hips



Bottom



Penis



Vagina



Leg



Knee



Nose



Foot

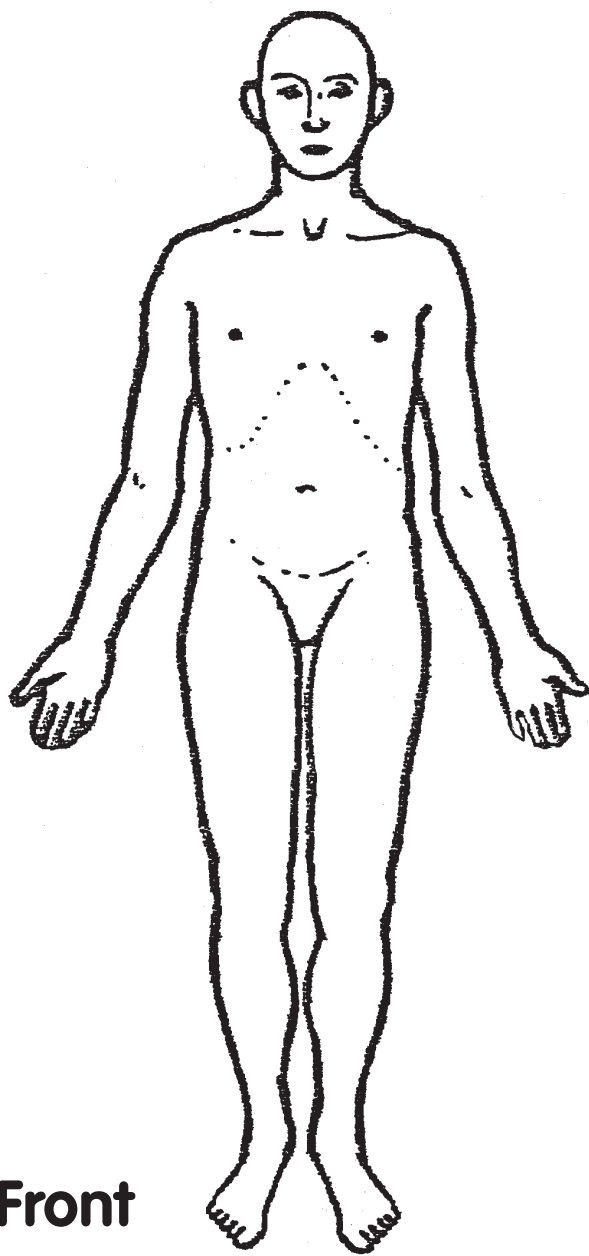


Toe

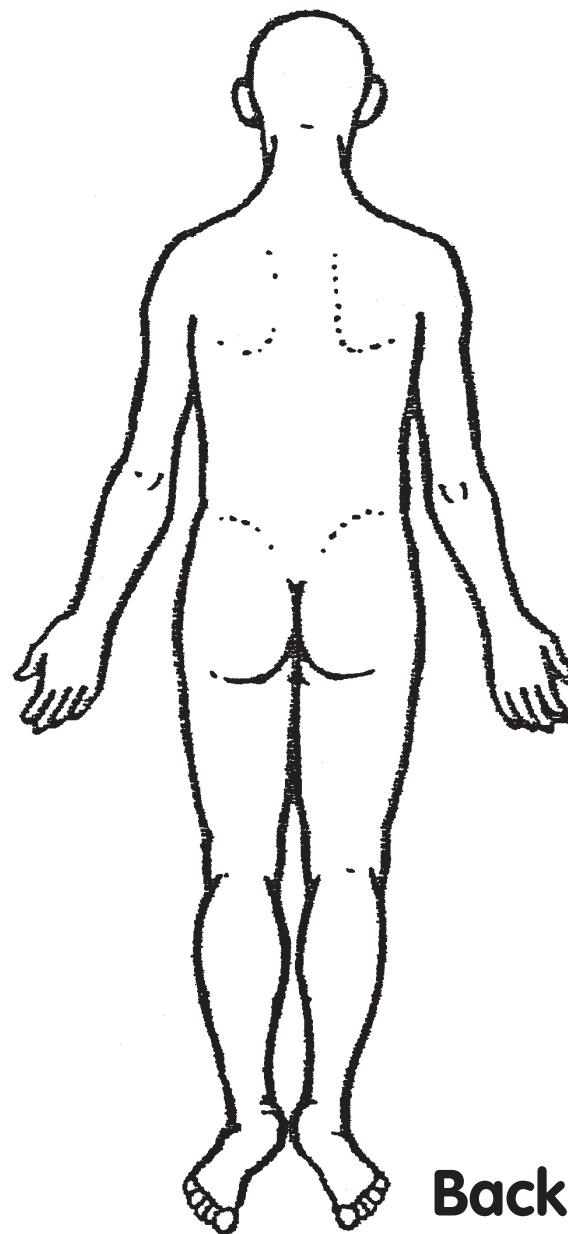


Finger

Full Body



Front

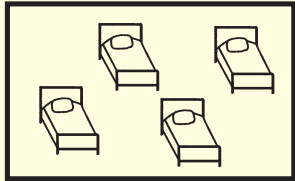


Back

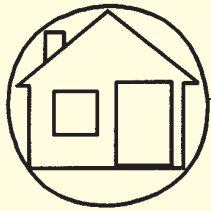
Nil By Mouth



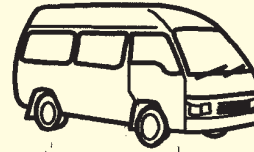
Symbols of Places



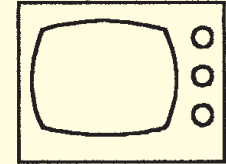
Ward



Home



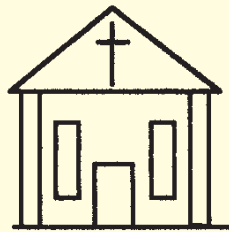
Transport



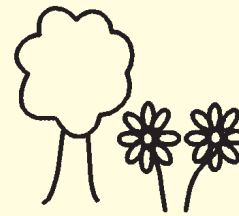
TV Room



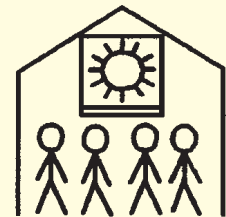
Cafe



Chapel



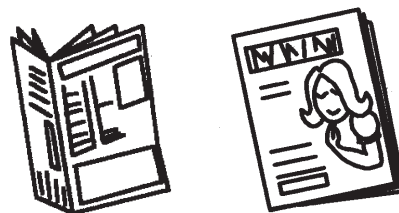
Garden



Day Centre



Shop



Newspapers and Magazines



Flowers



Snacks

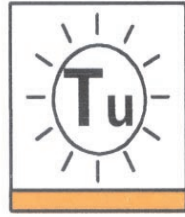


Drink

When do I go home?



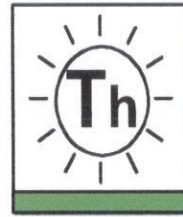
Monday



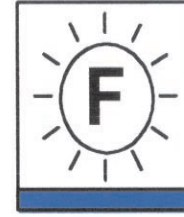
Tuesday



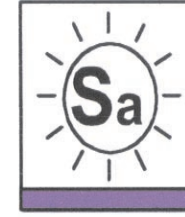
Wednesday



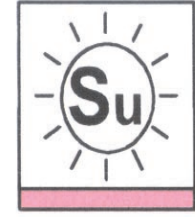
Thursday



Friday



Saturday



Sunday

