

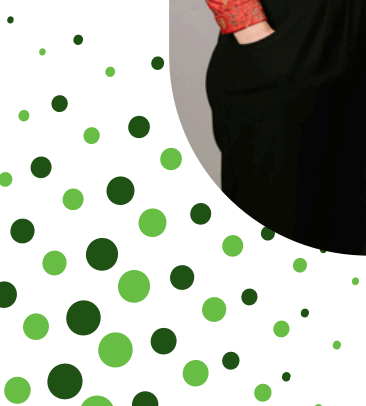
HOW SPEECH PATHOLOGY CAN SUPPORT YOU WITH



CONVERSATIONS

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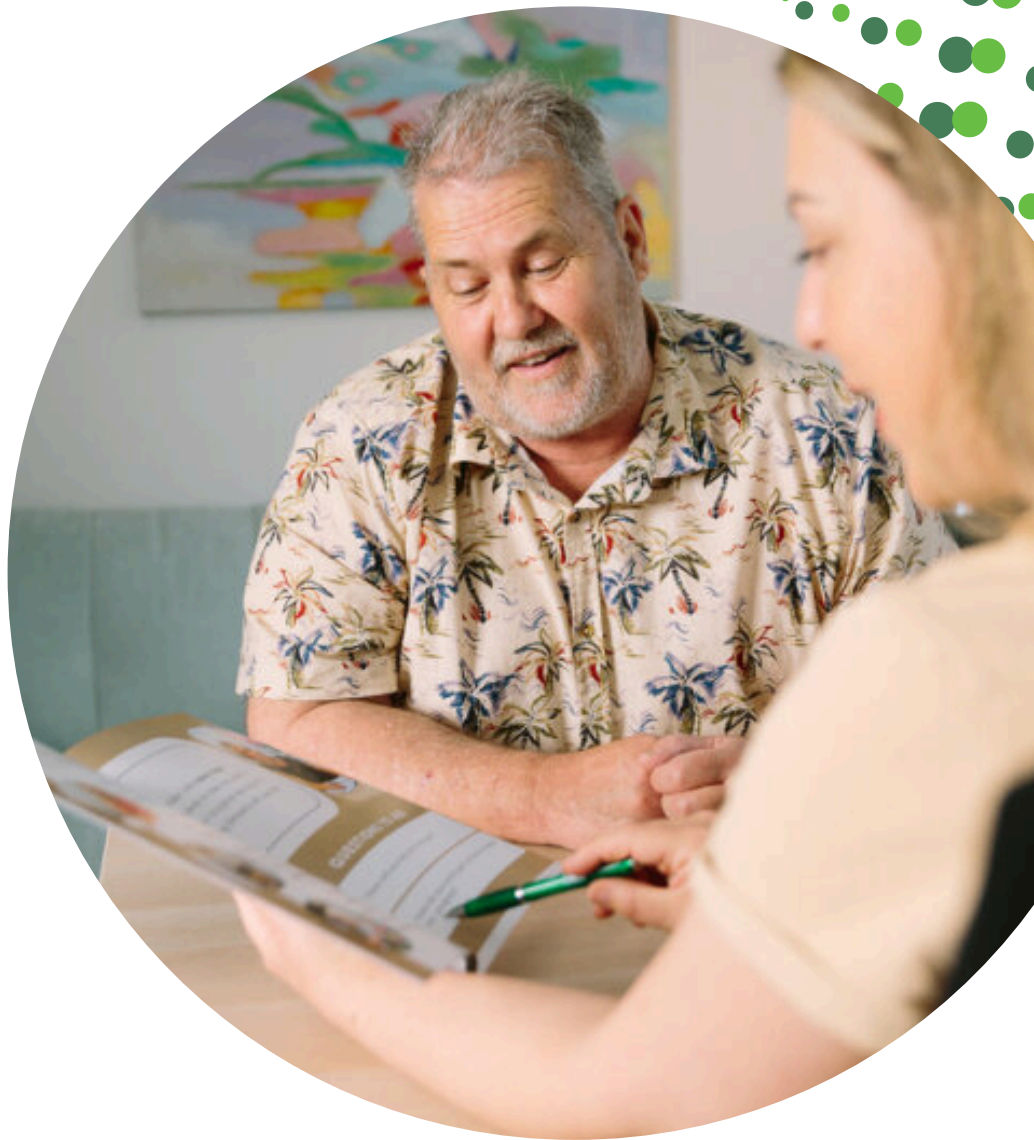
I NEED HELP WITH...

CONVERSATIONS

"I can't think
of things to
say"

"I get lost in
conversations and
can't keep up"

"I forget what
topic we are
talking about"



WHAT IS COGNITIVE COMMUNICATION?

Cognitive Communication covers difficulties with communication **because of cognitive difficulties** such as:

- Memory
- Executive skills
- Attention

Cognitive Communication difficulties could look like:

- **Forgetting** what you are talking about
- **Changing topics** suddenly
- **Getting lost** when others are talking
- Struggling to **initiate** a conversation
- Going on **tangents**

SPEECH PATHOLOGY CAN...

1 Listen to your concerns and **assess** what **areas of your communication** are causing you problems.

2 Provide you with **strategies** to help **start conversations**, ask **good questions** and **keep the conversation going**.

3 Provide you with strategies to help you **process and remember information** in conversations.



SPEECH PATHOLOGY CAN...

4 Provide you with strategies to **repair conversations** when something goes wrong.

5 Provide you opportunities to practice conversation skills in a **safe and judgement free environment**.

6 Offer **group-based therapy** to learn conversation skills and practice with others experiencing similar difficulties.



I NEED HELP WITH...

SOCIAL

COMMUNICATION

“I talk too much and have difficulty taking turns in conversation”

“I have no filter and often say the wrong thing”



WHAT IS SOCIAL COMMUNICATION?

Social Communication covers how we **use language to interact** with other people.

Social Communication difficulties could look like:

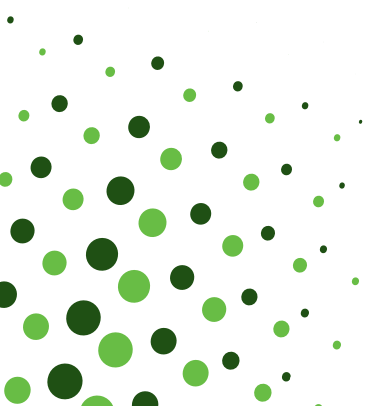
- Saying things **impulsively** during conversations
- Talking about **inappropriate topics**
- Difficulty understanding or using **body language**
- **Talking too much**
- Difficulty knowing how to **give others a turn** in conversation

SPEECH PATHOLOGY CAN...

1 **Help you understand** why you are having difficulties in social settings.

2 Practice **common social interactions** to help you build confidence and re-learn how to successfully communicate with others.

3 Provide strategies to improve your **self-awareness** of your communication issues.



SPEECH PATHOLOGY CAN...

4 Help you learn **social boundaries** and improve **non-verbal communication**.

5 Offer **group-based therapy** to learn conversation skills and practice with others experiencing similar difficulties.

6 **Link you in with community groups** to improve social participation and give you a chance to practice conversation skills.



I NEED HELP WITH...

SUPPORTING A

FAMILY MEMBER

with cognitive or social
communication difficulties

"I feel helpless and don't
know how to help"

"We don't see
friends anymore
because his
conversation has
changed"

"We don't chat
like we used to"



SPEECH PATHOLOGY CAN...

1

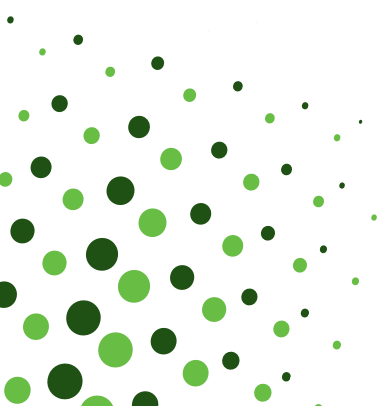
Provide **education to family and friends** so you can better understand your loved one's communication issues.

2

Provide training to family and friends on how to **implement supported communication** to reduce communication breakdowns and associated frustration.

3

Facilitate programs for family members or support people to do alongside the person with difficulty to learn how you can both communicate the most effectively with each other.





ONE

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