

Communication Checklist

Questions that are often asked by people with physical disabilities who have trouble communicating with those around them or are discussed when people are frustrated with not being heard or understood or family members show concern when they do not think their family member is getting the attention they deserve.

Visit futurethinking.abilitycentre.com.au for more information.

Please note that this checklist is a guide only and should not replace a thorough assessment completed by health professionals.

Question	If you answer...	It is recommended you...
Do family members, friends or strangers have difficulty understanding you?	Yes	<ul style="list-style-type: none"> Get support to find a way for you to communicate with everyone around you. See your speech pathologist.
Do you need help from others to communicate with someone you don't know?	Yes	<ul style="list-style-type: none"> Get support to find a way for you to communicate with everyone around you. See your speech pathologist.
Can you tell others what your needs and wants are and how you are feeling including personal topics like hygiene, puberty, sexuality, menopause or health checks?	No	<ul style="list-style-type: none"> Get support to find a way for you to communicate with everyone around you. See your speech pathologist.
Do you need someone to interpret your gestures, facial expressions or signs when communicating to others?	Yes	<ul style="list-style-type: none"> Get support to find a way for you to communicate with everyone around you. See your speech pathologist.

Communication Checklist cont.

Question	If you answer...	It is recommended you...
Can you have conversations with others without help?	No	<ul style="list-style-type: none"> • Get support to find a way for you to communicate with everyone around you. • See your speech pathologist.
Can you start a conversation with others without help?	No	<ul style="list-style-type: none"> • Get support to find a way for you to communicate with everyone around you. • See your speech pathologist.
Do you have difficulty communicating at school, uni, TAFE or at work?	Yes	<ul style="list-style-type: none"> • Get support to find a way for you to communicate with everyone around you. • See your speech pathologist.
Do you need help accessing the internet, social media or other technology?	Yes	<ul style="list-style-type: none"> • Get support to find ways to access the internet and social media. • See your speech pathologist and occupational therapist.
Do you have difficulty explaining things that are happening, have happened or might happen?	Yes	<ul style="list-style-type: none"> • Get support to find a way for you to communicate with everyone around you. • See your speech pathologist.
Can you independently organise your daily activities for the week?	No	<ul style="list-style-type: none"> • Get support to find a way for you to communicate with everyone around you, plan your week and book any appointments required. • See your speech pathologist.
Do you stop talking or attempting to use your communication system when others do not understand you?	Yes	<ul style="list-style-type: none"> • Get support to find a way for you to communicate with everyone around you. • See your speech pathologist.
Do you need support when you get frustrated when you are not understood by others?	Yes	<ul style="list-style-type: none"> • Get support to find a way for you to communicate with everyone around you. • See your speech pathologist, psychologist or social worker.
Do you have difficulty spelling or reading?	Yes	<ul style="list-style-type: none"> • Get support to help you. • See your speech pathologist.
Do you have difficulty understanding others?	Yes	<ul style="list-style-type: none"> • Get support to find a way for you to communicate with everyone around you. • See your speech pathologist.

Communication Checklist cont.

Question	If you answer...	It is recommended you...
Are you often asked to repeat yourself to get your message across?	Yes	<ul style="list-style-type: none"> • Get support to find a way for you to communicate with everyone around you. • See your speech pathologist.
Do you always have difficulty thinking of the right word when communicating with others?	Yes	<ul style="list-style-type: none"> • Get support to find a way to choose the right word. • See your speech pathologist.
Does your speech get worse later in the day?	Yes	<ul style="list-style-type: none"> • Get support to find a way to manage changes in your speech. • See your speech pathologist.
Has anything changed with your sight when you are reading and writing?	Yes	<ul style="list-style-type: none"> • Seek help to review your eyesight. • See your GP or optometrist or ophthalmologist.
Do you find it difficult to hear others' speak?	Yes	<ul style="list-style-type: none"> • Seek help to review your hearing. • See your GP or audiologist or ear nose and throat specialist.
Is your voice loud enough for others to hear you?	Yes	<ul style="list-style-type: none"> • Get support to find a way to make your voice louder. • See your speech pathologist.
Do you run out of breath when you speak?	Yes	<ul style="list-style-type: none"> • Get support to find a way to breath easily when speaking. • See your speech pathologist and physiotherapist.
Do you have difficulty coordinating your tongue, lips and voice when speaking?	Yes	<ul style="list-style-type: none"> • Get support to find a way to coordinate your speaking. • See your speech pathologist.
Do you need extra time to get your message across?	Yes	<ul style="list-style-type: none"> • Get support to find strategies to help others understand the time you need. • See your speech pathologist.
Do you use or would you like a communication book, device or similar?	Yes	<ul style="list-style-type: none"> • Have your communication system reviewed regularly to make sure it is still relevant to you. • Get help with set-up and / or programming. • See your speech pathologist.

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Question	If you answer...	It is recommended you...
If you use a communication device, do you get any pain trying to access the device?	Yes	<ul style="list-style-type: none"> • Don't ignore the pain. Seek help. Find the cause. Treat it. • See your occupational therapist or physiotherapist with speech pathologist.
Do you have any difficulty with completing written work for education or work?	Yes	<ul style="list-style-type: none"> • Find ways to complete your written work required. • See your occupational therapist and speech pathologist.
Do you access or would you like to access environmental controls? E.g. turning on a light or the TV.	Yes	<ul style="list-style-type: none"> • Have your access reviewed to make sure it continues to suit you or be assessed for environmental controls best suited to your needs. • See your occupational therapist or speech pathologist.
If you are over 18 years of age and cognitively able, can you give consent?	Yes	<ul style="list-style-type: none"> • Explore methods to make sure you can give consent and are understood to have given consent. • See your speech pathologist, GP, psychologist or social worker.
Have you noticed any changes in concentration, reading, writing, planning or remembering as you have got older?	Yes	<ul style="list-style-type: none"> • Get support to know what has changed and what you can do to help you with the changes. • See your speech pathologist, GP, psychologist or social worker.