

All about communication

A Communication Hub resource

(electronic bubbles pop)

(note swooshes)

(gentle upbeat music)

- I can say the words "no" and "over" by my mouth. This is my quickest way to communicate. Mostly I have Accent for 90% of the time, and I have a communication book that I can point to the symbols for when my device is flat battery or sent away for saying the wrong words. Just joking!

- Communication is the way in which humans share information and emotional states either with humans or with other animals. And we have the ability to both express those ideas, those thoughts, those feelings, and those emotional states, as well as to understand the thoughts, feelings, and emotional states of others.

- Communication is important to me because that's the way I would normally like explain myself. In ways like as I said before. Body language - it helps me describe how I'm feeling. Like when I'm happy, I do like flappy hands. And when I'm sad, I normally get a bit of an attitude. Same with when I'm angry. And then when I'm just very overwhelmed, I get really quiet, and I would get really stressed with everything.

- Communication is our way of connecting and relating to people. And we can do that in many ways. People will firstly always think of verbal speech, but there are many people who communicate in non-speaking ways.

- It can be through gestures, signs, behaviours, vocalizations, words, typing, symbols.

- Paloma uses her AAC device, and she uses a program called "Snap Plus Core" to communicate. That's predominantly what she uses, and she'll use that to make selections.

- Part of the challenge with stuttering is that we struggle to just, you know, sometimes order a coffee or some of the basic tasks, which might be basic to the majority of the population that does not stutter, and for us, I think that's where internally it becomes challenging. It becomes psychologically and emotionally draining.

- First Nations peoples don't often get heard. We communicate, but we're not understood. So we really do feel a lot of the time that uncomfortableness of not quite fitting in, that uncomfortableness of not being able to say - or being able to say what we need, but not having it given back to us.

- I enjoy interacting with people, and of course communication's important to do that. And I find communication is not only a case of having good hearing aids or things like that, but facial expressions as part of the communication process.

- Yeah well, it's life, I'm just, but if it's "Slow down and listening", cause I'm slow and yeah, that's life basically. So, but it's for me, it's no answer back. It's like, no, "I'm going to go, bye bye."

- To be able to communicate effectively, we need to be able to speak and listen. That's what makes it effective is having the opportunity to say what you want and having the opportunity to be understood as well.

- I think it's not only for Leo, it's for everyone, right? And that way he can, he feels he's included. He belongs. It's also pretty good for his self-esteem as well.

- In community, it's most important that they see me not just a woman in a chair punching keys but to hear me and see me, to truly know my abilities and my strength and even my weaknesses. And it's more than just a "Hi", but asking more in depth and not personal, but more normalised questions about who I am and what I have to offer.

(gentle upbeat music)