

Motor neurone disease and how you communicate

Communication Hub



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book

- know what this book is about

- find more information.



We will write contact information at the end of this book.

About this book



This book is from Communication Hub.

This book is about how you **communicate** when you have **motor neurone disease**.

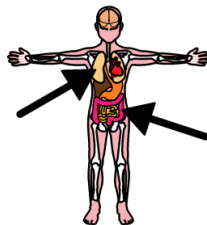


Communicate means when you share what you think with other people.



Motor neurone disease or MND changes your

- brain

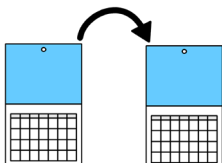


- body.



Motor neurone disease can

- be different for everyone



- change over time.

Motor neurone disease can change how you communicate



You communicate when you

- talk to people



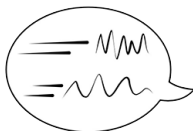
- ask a question



- use sign language



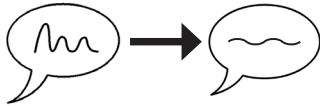
- send a text message.



When you have motor neurone disease you might talk more slowly.

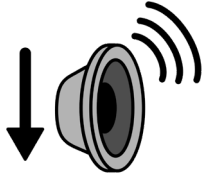


It might be hard to say words clearly.



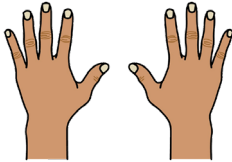
Your voice might

- sound different



- be very quiet.

Motor neurone disease can also make it hard to communicate with



- your hands



- your face.



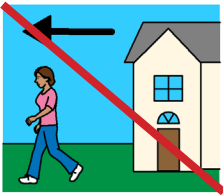
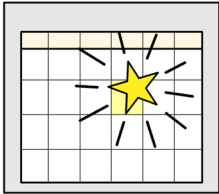
People might **not** understand what you say.

How you think and feel



You might find it hard to

- think
- make plans.



You might **not** want to do some things like go out.



Sometimes you might

- feel very sad



- feel very happy



- **not** feel happy **or** sad



- feel lonely.

How you eat and drink

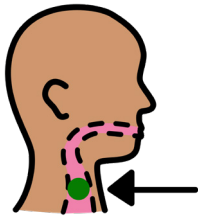


It might get harder to

- swallow



- chew.



You should talk to your health care team if

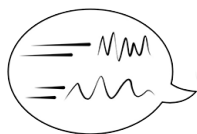
- food gets stuck in your throat



- you cough when you eat or drink.

Ways to help you communicate

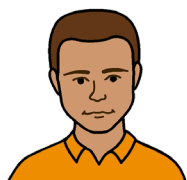
You can try to



- speak more slowly



- just say the important words

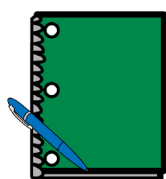


- take breaks when you speak.



It can help to **stop** other noises around you.

For example, turn off the TV.

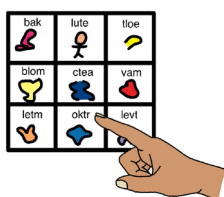


You can use

- a pen and paper



- word books



- picture boards.

You can use devices to talk for you.

For example



- a computer



- a tablet.

You can also use **voice banking**.

Voice banking means



- you record your voice



- you can use your own voice on a device that talks for you.



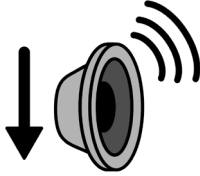
It is best to record your voice while it is still strong.

How can other people help you?



When people talk with you they can

- face you



- keep things quiet around you



- understand that you might get tired



- give you extra time



- ask one question at a time.

How can a speech pathologist help you?

A **speech pathologist** is an expert who can help people



- say what they think



- eat



- drink.

A speech pathologist can help you learn new ways to communicate.



For example, with a computer.



A speech pathologist can help you practise how to say what you want to say.



A speech pathologist can also help your friends and family communicate with you.

More information



For more information contact
Communication Hub.



Website communicationhub.com.au

**You can read the full information on
our website**

Website [communicationhub.com.au/
communication_hub/resources/fact
sheets/motor neurone disease.aspx](http://communicationhub.com.au/communication_hub/resources/factsheets/motor_neurone_disease.aspx)

Find a speech pathologist

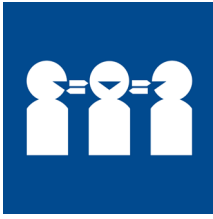
Speech Pathology Australia



Call 1300 368 835



Website speechpathologyaustralia.org.au



If you do not speak English

Use the free Translating and Interpreting Service or TIS.



Call 131 450

Give the TIS officer the phone number you want to call.



If you need help to speak or listen

The National Relay Service can help you make a phone call.



Call 1800 555 660



Website bit.ly/nrs-helpdesk

Give the relay officer the phone number you want to call.

Notes

Notes

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