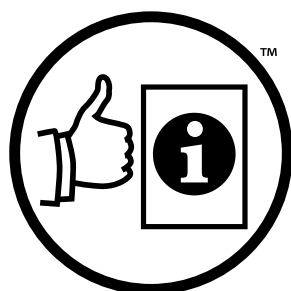




Parkinson's and how you communicate

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 **Parkinson's**.

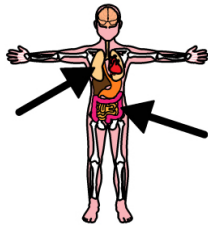


Communicate means when you share what you think with other people.



Parkinson's is a disease that changes

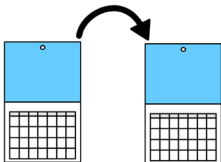
- your brain



- your body.



Parkinson's can be different for everyone.



Changes can happen slowly.



You might **not** notice changes right away.

Parkinson's can change how you communicate



You communicate when you

- talk to people
- use sign language
- send a text message.



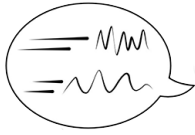
The way you think

It might be hard to

- find what you want to say
- understand what people say to you.



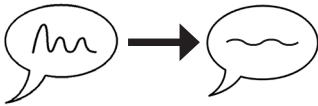
The way you speak



You might say things more slowly.

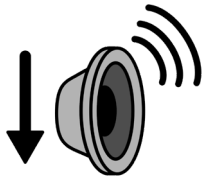


It might be hard to say words clearly.

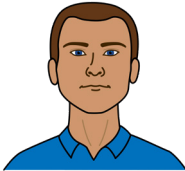


Your voice might

- sound different



- be very quiet.



You might feel like you need to clear your throat a lot.



It might also get hard to swallow.

The way you use your body

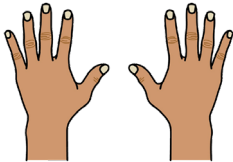


You might move more slowly.



It might get hard to communicate with

- your face



- your hands.



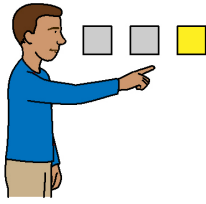
It might also get hard to

- write things down



- type.

Ways to help you communicate

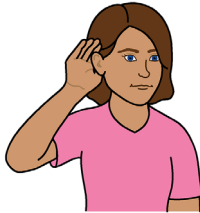


You can try different ways to communicate.



You can face people so you can

- see their face and body

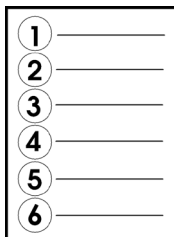


- hear what they say easily.



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

For example, turn off the TV.



It can help if you do one thing at a time.

For example, try **not** to walk and talk at the same time.



You can ask people to give you more time to answer them.

You can use devices to talk for you.

For example



- a computer



- a tablet.



You should talk to your doctor if

- your Parkinson's changes



- you are worried.

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 find

- good ways to communicate



- groups to help 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/parkinsons_and_communication.
aspx](http://communicationhub.com.au/communication_hub/resources/factsheets/parkinsons_and_communication.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.

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