

Multiple sclerosis 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.

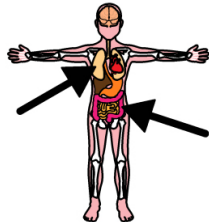
This book is about how you **communicate** when you have **multiple sclerosis**.



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

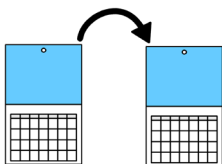
Multiple sclerosis or MS is a disease that changes

- your brain
- your body.



Multiple sclerosis can

- be different for everyone
- change over time.



Multiple sclerosis can change how you communicate



You communicate when you

- talk to people



- use sign language



- send a text message.

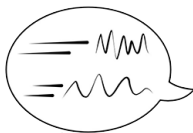


When you have multiple sclerosis you might

- find it hard to say what you want to say



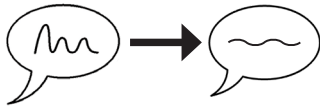
- need more time to say what you want to say.



You might talk more slowly.

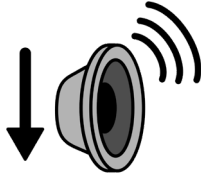


It might be hard to say words clearly.



Your voice might

- sound different



- be very quiet.



You might sometimes use the wrong word.

For example, you might say **fork** when you want to say **spoon**.



You might

- **not** understand what people say



- forget what people say.



You might also find it hard to

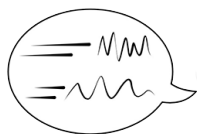
- walk



- swallow.

Ways to help you communicate

You can try to



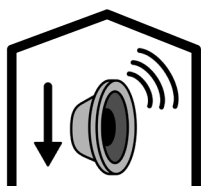
- speak more slowly



- just say the important words



- take breaks when you speak.



When you communicate you might want to

- be in a quiet place



- be calm



- have time to think about what you want to say.



You might like to communicate with

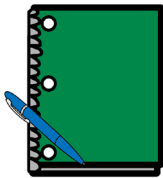
- a smart phone



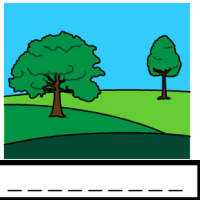
- a computer



- a tablet.



You might also like to use a pen and paper.



There are things you can do if you forget a word.

For example

- think of a picture of the word

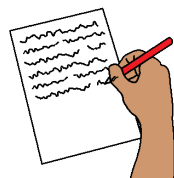


- use your hands to act out the word.



You could also ask people to

- repeat what they said



- write down what they said.

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/
multiple_sclerosis.aspx](http://communicationhub.com.au/communication_hub/resources/fact_sheets/multiple_sclerosis.aspx)

Find a speech pathologist

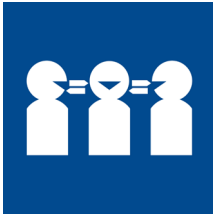
Speech Pathology Australia



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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