



How To Use A Communication Board

When people are hard of hearing, sometimes it's easier to use a Communication Board. An example is shown below & the full size copy is on the next page. Feel free to print & use ours or create your own!

How To Use It:

- Point to the picture or phrase that you want to communicate to the person you are speaking to.
- Give them the Board so they can reply back. Have a pad handy in case they want to write their reply.
- Over time, note the most common words, phrases & topics & add those to your communication board.

Create Your Own Board!

- It doesn't have to be pretty! You can literally cut out a picture of, say, a pizza and tape it on a piece of paper.
- Put down the most common communication points on your board.
- Tape it by the bed and / or where you communicate most often.

Use pictures or icons for clarity

Pictures help in understanding & are easier to use than just words.

Put words under the picture

Having the word under the picture or icon ensures there is no mistaking what the picture means

SAMPLE COMMUNICATION BOARD

"Most Used Words"

YES / GOOD	HUNGRY	DOCTOR	WORRIED	PAIN	MEDICINE	HOT
NO / BAD	FULL	HEARING AID	ANGRY	NO PAIN	BATHROOM	COLD
I don't understand	HELP	BEDTIME / NAP	BORED	TIRED	SHOWER/BATH	WATER

Other possible categories and suggested words:

HEALTH	FOOD	COMFORT	MEDS	EQUIPMENT	ACTION	DRESS	MISC
"How are you feeling today?"	Eat	I'm Hot	"Did you take your meds?"	Walker	Walk	Clothes	Noise/Buzzing
Not Good	Cold Drink	Up	Med 1:	Wheel-Chair	Visit Friend	Underwear	Pet

It doesn't have to look like this.

If you google, "Communication Boards," you will see many different styles & colours! What ever works for you is fine. You can even use them on a tablet! You will probably have specific terms or topics depending on the situation. Design your board any way you wish. The more visual & simple, the better. Communication is the goal. Feel free to replace any or all of the words we've used.

Sample Communication Board



“Most Used Words”

 YES / GOOD	 HUNGRY	 DOCTOR	 WORRIED	 PAIN	 MEDICINE	 HOT
 NO / BAD	 FULL	 HEARING AID	 ANGRY	 NO PAIN	 BATHROOM	 COLD
 I don't understand	 HELP	 BEDTIME / NAP	 BORED	 TIRED	 SHOWER/ BATH	 WATER

Other possible categories and suggested words:

<u>HEALTH</u>	<u>FOOD</u>	<u>COMFORT</u>	<u>MEDS</u>	<u>EQUIPMENT</u>	<u>ACTION</u>	<u>DRESS</u>	<u>MISC</u>
“How are you feeling today?”	Eat	I’m Hot	“Did you take your meds?”	Walker	Walk	Clothes	Noise/Buzzing
Fine	Hot Drink	I’m Cold	Med 1: YES or NO	Cane / walking stick	Errand	Shoes / Boots / Slippers	Telephone
Not Good	Cold Drink	Up	Med 2:	Wheel-Chair	Visit Friend	Underwear	Pet
Lonely	Sandwich	Down	Med 3:	Sun/Glasses	Shopping	T-Shirt	TV / DVD
Dizzy	Take Out	Go Out	Refill	Watch	Entertainment	Coat	Computer
Teeth	Groceries	Stay In	New Med	slippers	Hair dresser	Hat / Toque	Book / Paper