

HELPING DAD SPEAK HIS MIND
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Although it has been almost a decade since Dad suffered a stroke, he still has problems speaking his mind. He knows what he wants to say, but the words do not always come out right. It is very frustrating to him and the more frustrated he gets the more difficult it becomes for him to say what he wishes to say. I know there are many others who suffer with this same issue and would like to give some tips to help out our loved ones.

What can I do if I am living with this condition:

- #1. Remain calm, try to relay one idea at a time.**
- #2. Take your time, do not try to rush when talking.**
- #3. Try different ways to get your message across. This may include using pictures, gestures or pointing to objects. You can even draw or write things down on paper.**
- #4. Use the internet to communicate with others via e-mail or services such as facebook.**

What can I do if my loved one is living with this condition:

- #1. Treat the person as an intelligent adult; in most cases their thinking skills are not affected.**
- #2. Be patient with your loved one.**
- #3. Work with your loved one and create a communication book that includes words, pictures and symbols.**
- #4. Get your loved one a card that they can carry with them that explains they have trouble speaking.**

Information for this article was obtained from, the National Stroke Association.