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- Answer your phone with a **prepared sentence** (e.g. “Mark’s phone,”) to start you talking
 - **Write down** words or letters the person says that you need to remember
 - Ask the speaker to send a **text message** or a **letter** instead
 - **Prepare what you want to say** before you make a call
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Don't give up!



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USING THE PHONE WHEN YOU HAVE APHASIA



What problems might
you have?

How you can help
your phone calls

Why is it so hard?



- You can't **see** the **speaker's face**
- You don't know **who** is calling
- You don't know the **subject** of the call
- You **can't understand** the speaker's **accent**

- The speaker talks **too fast**
- It takes **too long** to get your words out
- **You forget** what you wanted to say
- People **don't understand** aphasia



How you can help

- Say "I have problems talking and I need **more time** to listen."
- Ask the speaker to **repeat** themselves
- Turn on your **answer phone** so you can listen to a **voicemail message** instead
- **Pass the phone** to someone else