

Top 10 tips for effective communication with people with a Learning Disability:

1. Find a good place to communicate in, without distraction – one on one
2. Check that you understand what the person is saying by repeating what they have said back to them
3. Listen to their body language and facial expressions
4. Avoid questions that have a simple yes or no answer
5. Give the person plenty of time and don't rush them to finish what they are saying
6. Use gestures and / or facial expressions to reinforce what you are saying
7. If communicating in writing, use bigger text, bullet points, and try to avoid using too much colour which can make reading harder for someone with a learning disability
8. Drawing to communicate can be helpful
9. Speak slowly and clearly using easy to understand words if communicating via telephone
10. Photos, pictures and other objects can make it easier for someone with a learning disability to communicate – if the person wants to take you somewhere to show you something, go with them!