

## Barriers to Communication

Here at Caring for People Services, we serve many clients where age, disability, culture, or language might create barriers to effective communication. Here are a few tips to being a better communicator.

*Tips for being a more effective communicator:*

- 1) Speak clearly in short, simple sentences. Speak up for those who are hard of hearing, but yelling is rarely necessary.
- 2) If your client speaks a different language, work with the family on learning a few essential words or phrases. You could also try using more gestures or pictures. If you have a smart phone or laptop, there are translating apps that can be fun to try. (They aren't always accurate though!)
- 3) Avoid use of slang words or jargon.
- 4) Be patient and allow the client lots of time to communicate their wants and needs. There are many conditions that make finding the right words more difficult and time consuming. (Examples: dementia, stroke, MS, or any number of neurological conditions.)
- 5) Pay attention to your non-verbals. People are very attentive to visual communication and we are not always aware of what we are communicating and how we are communicating it.

-What are your non-verbals?