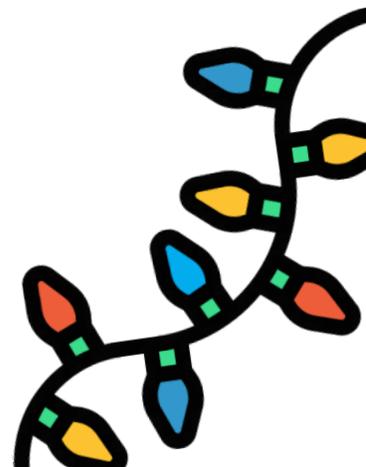


8 Tips to Support Communication During the Holidays



The holiday season is in full swing, and you might be feeling concerned about how to support your loved one with communication needs, such as aphasia.



Believe it or not, the holidays are the perfect time to practice language and communication skills. Here are a few tips for making the holidays merry:

1 Create a Schedule:

Writing down daily activities will help your loved one know what to expect. A visual schedule and checklist or whiteboard can help ease anxiety during holiday activities.

Practice reading calendars and schedules in the “Scheduling Events” exercise in Lingraphica's free therapy app TalkPath Therapy. Just create a free account at www.talkpaththerapy.com.

2 Listen to Music:

Music can be magical. People with communication challenges following stroke can often sing better than they can speak. Singing familiar songs can be both healing and therapeutic.

This holiday, try singing all of your holiday favorites together. No pressure – the goal is to have fun and be together. You can even register for one of our [Virtual Connections](#) sessions about music!

Piano with Dr. Dick • Movie Musicals • Sing Aphasia: Aphasia Choir



3 Say Goodbye to Isolation:

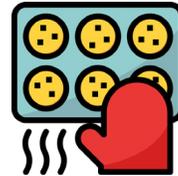
People with communication needs can experience feelings of isolation. Whenever possible, involve your loved one in decisions about holiday traditions. For example, ask them where certain decorations should go and which foods should be served at the family dinner. To encourage their involvement, use visual cues like a picture of the object you're discussing or the item itself to promote clear communication.

Choose a favorite holiday recipe together and use your Lingraphica device to program in ingredients and steps for the recipe. Work with our team to trial a communication device with your loved one. Call **866-813-8005** to get started.

4

Work Together:

Work together to make a meal using a simple recipe. Using real objects or pictures to support communication will be helpful during the process. Plan for plenty of time so this activity can be fun and stress-free. Keep your speech and directions simple and make sure you allow plenty of time and space for communication.



Try practicing with Lingraphica's TalkPath Therapy's "Food Label" and "Cookies Index" exercises under "Finding Information." Create your free account today at www.talkpaththerapy.com.

5

Spark Memories:

Take time to look at holiday photo cards from family and friends together. Memories of important people and places can stimulate memories and encourage communication. Help your loved one by providing verbal cues: "What did Uncle George used to love to eat?"

In addition to family photos, check out TalkPath News' historical articles. The articles are read to you at a slower pace, which can help the reader process the information in the article. Log on to www.talkpathnews.com today!

6

Shop Online:

Individuals with complex communication needs can become easily overwhelmed in crowds of people and noisy environments. You may opt to shop with your family member online by using the pictures to make decisions on what to buy, rather than heading out to the stores together. This way, you can take your time and not have to rush.

The email feature in our communication devices can help your loved one send their wishlists to friends and family. You can try one for free with our device trial. Simply call **866-813-8005**.



7 Reduce the Stress:

Schedule quiet time for both you and your loved one. Find a peaceful spot in your home to enjoy holiday music and relax together. Quality time is so meaningful!

Create a custom web launcher icon that links to your favorite coffee shop's or restaurant's menu on our communication devices. To learn more about communication devices, call us at **866-813-8005**.

8 Connect with a Support Group:

Find a local support group or join a virtual group via video chat, like Zoom™. These groups offer a supportive environment for people with communication challenges and their communication partners.

Connect with hundreds of individuals with aphasia and their loved ones from anywhere in the world! Live online meetups are available 7 days a week for FREE! Learn more at virtualconnections.com.

Plus, it's the perfect community to share tips and tricks for managing the season together – no one knows better than those living with aphasia.



Don't let communication challenges get in the way of enjoying the holiday season!

Give the gift of communication this holiday season with Lingraphica's comprehensive solutions for adults with speech and communication challenges.

Call us at **866-813-8005** for help!