

Things that help

- **Write it down**
- **Don't talk too fast**
- **Listen**
- **Give me time**
- **Treat me as an equal**
- **Be clear- one thing at a time**
- **One –to- one is best**
- **Look at me as you speak**
- **Don't make assumptions**

And also you need to

- **Keep a sense of humour**
- **Cut out distractions.....e.g. TV radio**
- **Use gesture or drawing**
- **Check things out**
- **Sometimes conversations get stuck.....may be leave it and come back to it later**
- **Keep calm**