



What is communication?

Communication is about giving information to, or getting information from someone else.



Communication can include:

- talking
- listening
- drawing
- signing
- body language.



Body language includes things like smiling, nodding, crossing your arms or looking at someone.



Body language and the way you talk helps people to understand what you are saying.



Communicating with people with a learning disability

When you communicate with someone with a learning disability, remember to:



- use different ways to communicate



- go at the right speed for the person you are communicating with



- use words that are easy to understand



- check you have understood what the person is telling you.



Ask the person you are communicating with what works best for them.



Lots of people with a learning disability like to be on their own with the person they are communicating with.



If you are writing, make sure the text is big enough and do not write too many words.



If you are on the phone, speak slowly and clearly and use words that are easy to understand.



[Go to our page about tips for good communication.](#)



Help

Lots of people with a learning disability use or know some signs.



Signalong is a way of communicating using signs, symbols and speech to help people to understand what you are saying. For more information, [visit the Signalong website](#).



Makaton is a way of communicating using signs, symbols and speech to help to people to understand what you are saying. For more information, [visit the Makaton website](#).



Signalong and Makaton signs are based on British Sign Language (BSL). BSL is a language which Deaf people use in the UK. For more information, [visit the British Deaf Association website](#).



Talking Mats is a way of communicating with symbols and pictures. For more information, [visit the Talking Mats website](#).



Widgit make symbols and programs to help people to communicate. For more information, [visit the Widgit website](#).



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