



My name is Susan Sample.

I like to be called Sue.

This book is about me, my life  
and how I communicate.

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# Key things to know about me



I was born in XXXX.



I live in Nantwich, Cheshire.



I live with my wife Trudy.



I had a stroke when I was 61.



It affects my speech & the left side of my body.



I have osteoarthritis.



# My Family



My wife is Trudy. She is a retired engineer.



We married in XXXX.

I have a brother A. His wife is B.

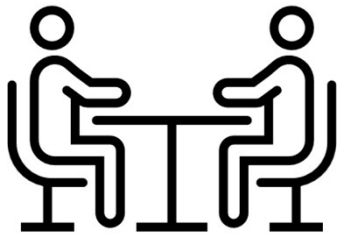
A and B have two children, C and D.



# My Friends

E & F are very close friends.  
I have known them since  
XXX.

G is my friend and  
neighbour.



How I  
communicate,  
how you can help



I can understand  
what you say.



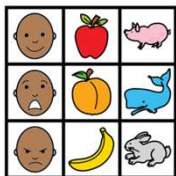
My speech can be  
unclear.



As well as speaking I use  
gestures, pointing, use facial  
expressions and say 'yes'/'no'.



For longer phrases that you  
might not understand I use  
my communication book.



Pictures and symbols help  
me find my messages in  
the book.

**A B C...**

I use the alphabet and  
'clues' to help you  
understand.



# Help me communicate by... (part 1)



Allow plenty of time  
for conversation.



Speak slowly in short  
sentences.



Give me time to respond.  
Try not to interrupt me.



Ask me things that need  
a YES or NO response.



If you are unsure use a tick  
and cross on my  
whiteboard.



If we get stuck use  
gestures, facial expressions  
and pointing.





# Help me communicate by... (part 2)



To clarify my message use  
my whiteboard to write or  
draw.



Look at what I'm showing  
you in my communication  
book.



Follow the Clues I give you  
and guess what it could  
be.





# Things I like to talk about



TV, especially soaps



Pets, cats, dogs, animals



Holidays, caravans



Family, friends, children



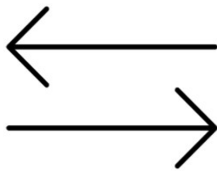
Neighbourhood goings-on and gossip



# Things I want help with



The stroke has changed my speech, you need to work to understand me.



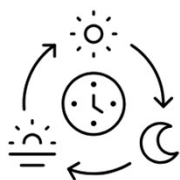
The left side of my body is weaker. I will ask you to help me change position.



Sometimes I need help finding or getting things.



I need help with some personal care because I find it hard to reach my feet and the back of my head.



# My day to day



G calls in most days for a chat.



Me and Trudy go shopping every week.



A & B usually visit at weekends.



Me and Trudy go to the market in Nantwich on Fridays for lunch.



My home help comes 3 times a week to help with things like washing my hair.



# My past (part 1)



I was born in Chester  
in XXXX.



We moved a lot with  
my Dad in the army.

We settled in  
Nantwich in my teens.



I wanted to be a nurse but  
worked in catering most of  
my life.



I was a school dinner lady  
until I had my stroke.



I met Trudy on  
holiday.



# My past (part 2)



I met G when we both  
worked at the Crown hotel.  
We've been friends since.



# Things that make me happy



My cats, Felix and  
Smokey



Caravan holidays



Wrestling on TV

Shopping centres



Eating out



Looking at photos



# Things I don't like



Being cold



News on TV



People being late



People being cruel to animals



Hospitals





# Places



Chester Zoo



Carmarthen Bay



Red Lion in Nantwich



Sainsbury's



Bassenthwaite,  
Keswick



Nantwich town centre