






# TOP 10 COMMUNICATION STRATEGIES FOR ADULTS

Effective communication strategies for adults with speech and language disorders are essential for improving their ability to express themselves and connect with others. Here are ten strategies to help adults with speech and language disorders:

	<p><b>Practice Social Communication:</b> Engage in social activities and interactions regularly to practice and improve social communication skills. Join support groups or social clubs for individuals with similar challenges.</p>
	<p><b>Practice, Practice, Practice:</b> Engage in speech therapy exercises recommended by a speech-language pathologist (SLP) regularly to strengthen speech muscles and improve articulation. To get better results, sign up for <a href="#">Better Speech</a> and get a speech therapy program tailored to your needs.</p>
	<p><b>Speak Slowly and Clearly:</b> Focus on speaking slowly and articulating words as clearly as possible. Encourage the listener to ask for clarification if needed.</p>
	<p><b>Visual Aids/Gestures:</b> Incorporate visual aids, such as written notes or visual schedules, to support and enhance verbal communication. Utilize gestures to convey meaning especially within context. (I need something to wipe my nose (while squeezing the tip of your nose)).</p>
	<p><b>Preparation:</b> Before conversations or important interactions, prepare by writing down key points or practicing what you want to say. This can reduce anxiety and enhance clarity.</p>

6

**Use Short Sentences:**

Keep sentences short and straightforward to make communication more manageable for both the speaker and the listener.

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**Encourage Patience:**

Let your communication partner(s) know about your disorder and request patience and understanding. Creating awareness can foster a more supportive environment.

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**Over Articulation:**

Speak slowly and over enunciate words to ensure all sounds are present in the words. Ex: "I live in-ter-nat-ion-ally"

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**Build Confidence:**

Focus on building self-confidence and self-esteem. Positive self-image can help reduce anxiety associated with communication challenges.

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**Use Alternative Communication Methods:**

If speech is difficult, consider using alternative communication methods like augmentative and alternative communication (AAC) devices, picture boards, or sign language to supplement verbal communication.



**Want to get better and faster results?**

Sign up for [Better Speech](#), the most convenient, effective and affordable speech therapy.

