

# PICTORIAL COMMUNICATION BOOKLET

This book is designed for people with aphasia/dysphasia communication difficulties.

Communication problems are very common after a stroke. About one third of stroke survivors experience difficulties with communication. Every stroke survivor is different so this booklet may not be totally relevant to you. If you face problems with communication, approach your healthcare team (in particular your speech therapist) for help and advice.



## **Tips for communication with people who have speech or language difficulties:**

- Use the booklet in a quiet room (without background noise).
- Keep sentences short, simple and to the point.
- Speak slowly and at usual tone of voice.
- Talk about one topic at a time.
- Ask “yes” and “no” questions and offer specific choices.
- Repeat yourself to make sure the other person understands your message.
- Be patient and allow time for a response.

### Reference:

1. Melo TP et al. Neurology. 1992 Apr;42(4):789-795. Pure motor stroke: a reappraisal
2. M Donkervoort et al. Clin Rehabil. 2000 Apr;14(2):130-6. Prevalence of apraxia among patients with a first left hemisphere stroke in rehabilitation centres and nursing homes
3. Engelter ST et al. Stroke. 2006 Jun;37(6):1379-84. Epidemiology of aphasia attributable to first ischemic stroke: incidence, severity, fluency, etiology, and thrombolysis



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Images and items in this booklet are frequently relevant to people with communication difficulties.

# Calendar

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# Calendar

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

# Calendar

**January**

**February**

**March**

**April**

**May**

**June**

**July**

**August**

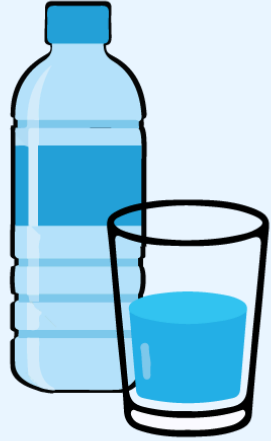
**September**

**October**

**November**

**December**

# 饮料 | Drinks



**Water**



**Milk**



**Juice**



**Coffee**



**Tea**



**Milo**

# Drinks



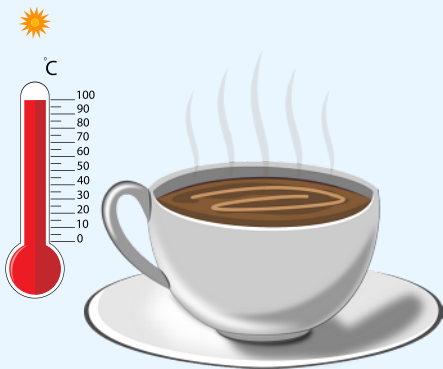
**Ice**



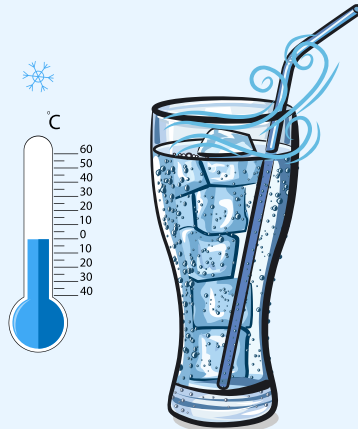
**Sugar**



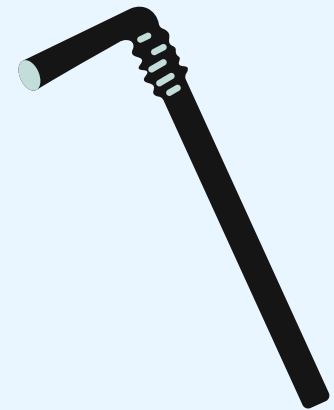
**Creamer**



**Hot**



**Cold**



**Straw**

# Food



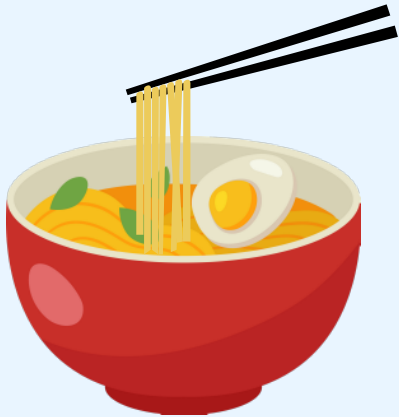
**Rice**



**Porridge**



**Soup**



**Noodles**

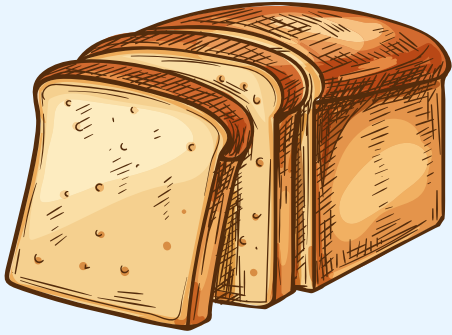


**Oats**

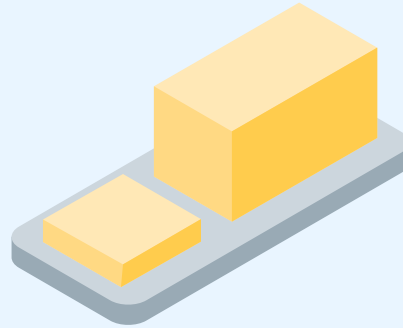


**Cereal**

# Food



**Bread**



**Butter**



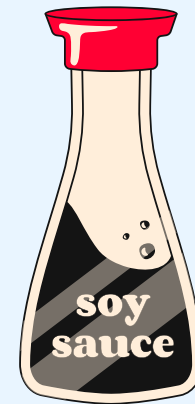
**Chilli**



**Pepper**

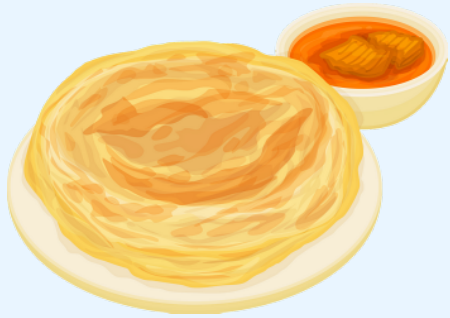


**Salt**



**Soy Sauce**

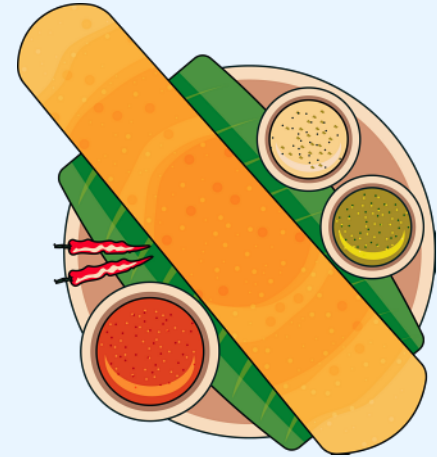
# Food



**Prata**



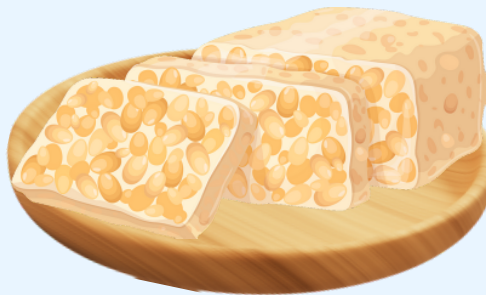
**Chapati**



**Dosa**



**Tofu**



**Tempeh**



**Steamed Bun**

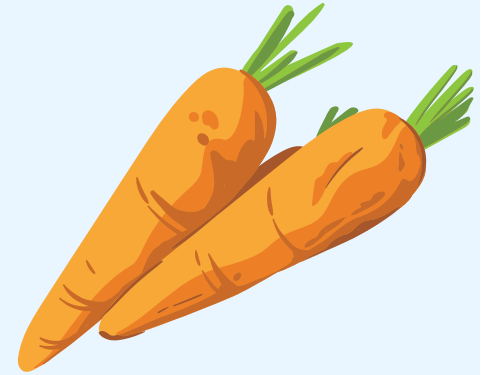
# Food



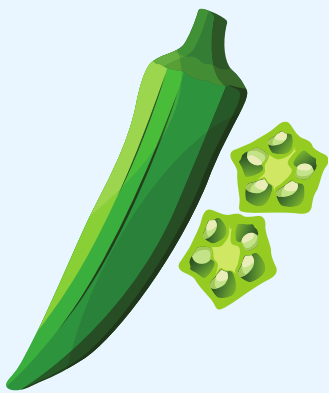
**Vegetables**



**Potato**



**Carrot**



**Lady's fingers**



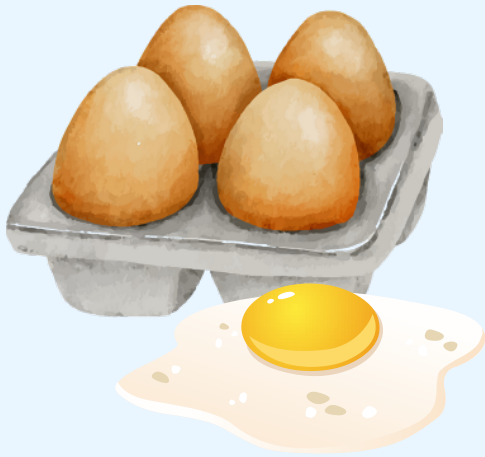
**Beans & Peas**



**Nuts & Seeds**



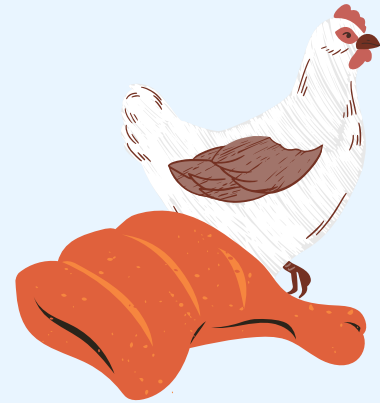
# Food



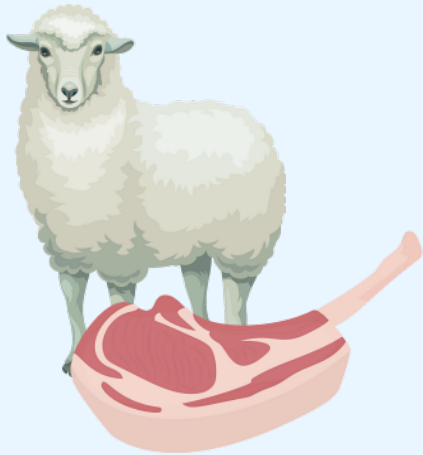
**Egg**



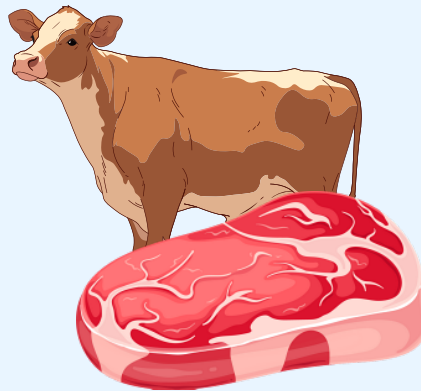
**Fish**



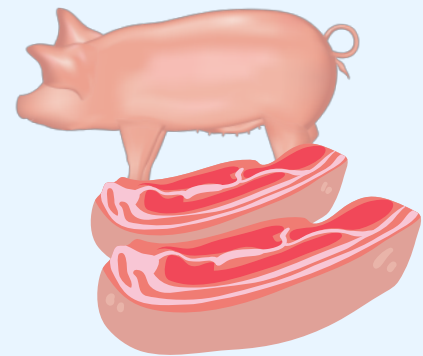
**Chicken**



**Mutton**

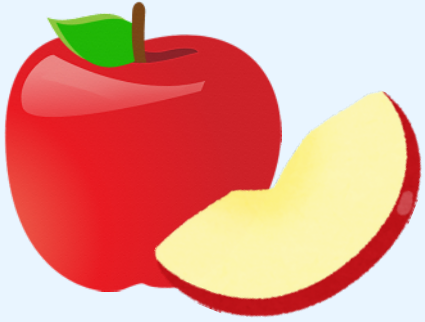


**Beef**

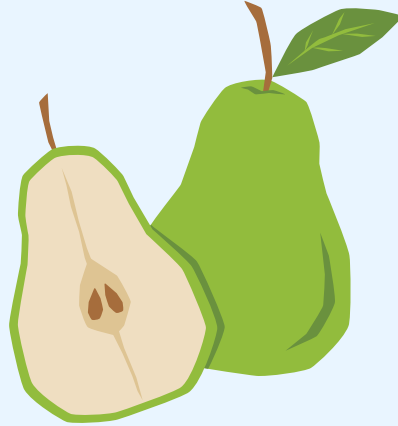


**Pork**

# Fruits



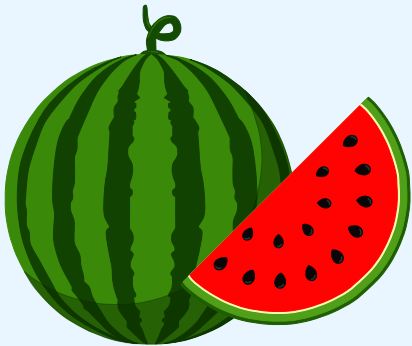
**Apple**



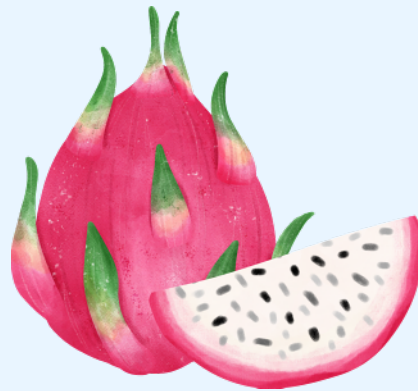
**Pear**



**Orange**



**Watermelon**

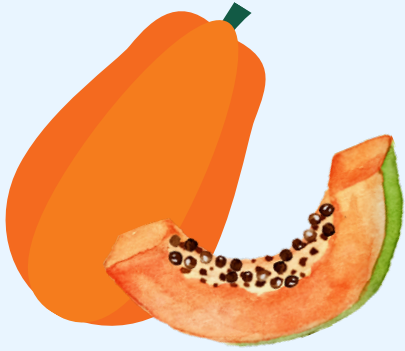


**Dragon Fruit**

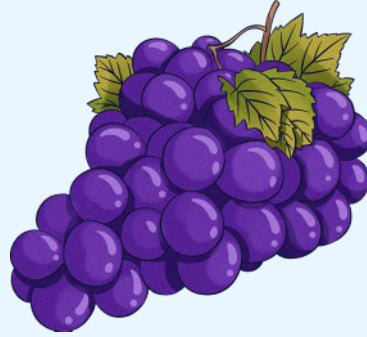


**Banana**

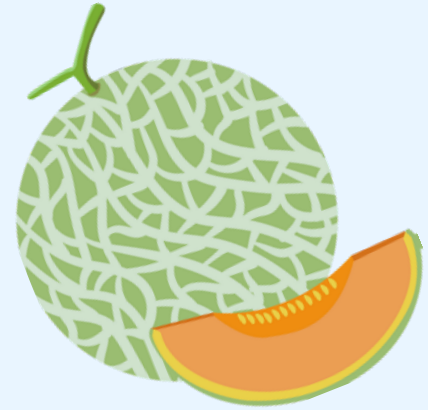
# Fruits



**Papaya**



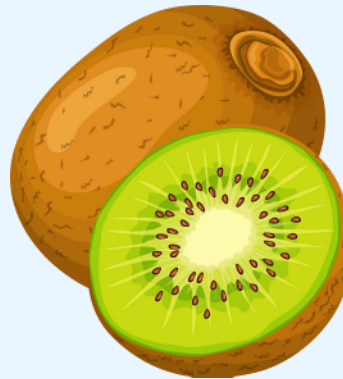
**Grapes**



**Honeydew**



**Guava**



**Kiwi**



**Durian**

# Dessert



**Cake**



**Ice Cream**



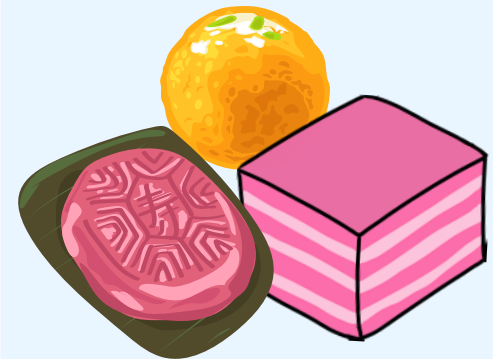
**Chocolate**



**Biscuit**



**Muffin**



**Traditional  
Kueh**

# Emotions



**Happy**



**Sad**



**Worried**



**Scared**

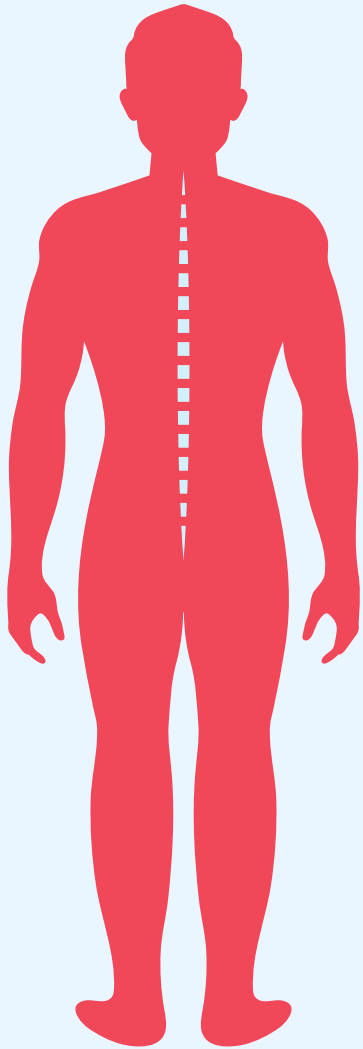


**Pain**

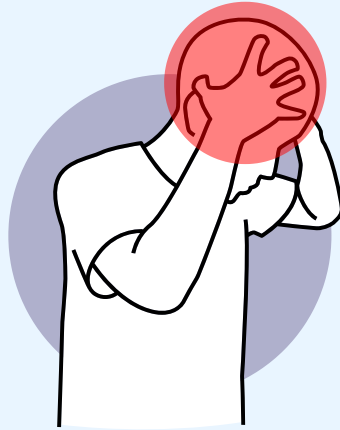


**Confused**

# Discomfort



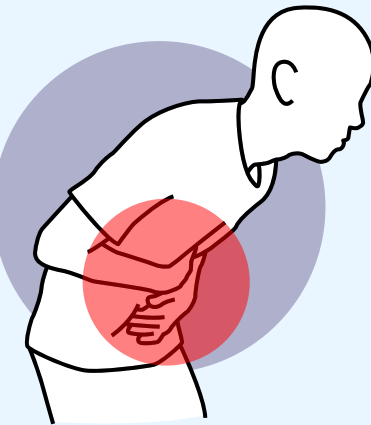
**Whole Body**



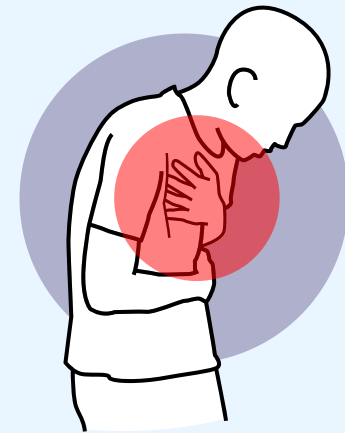
**Head**



**Throat**

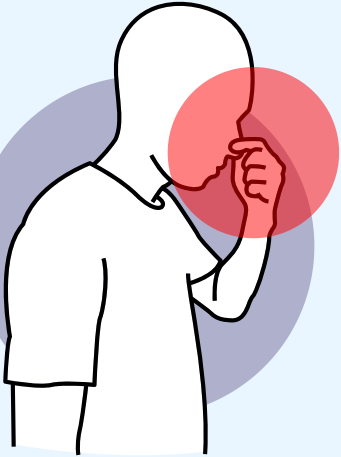


**Stomach**

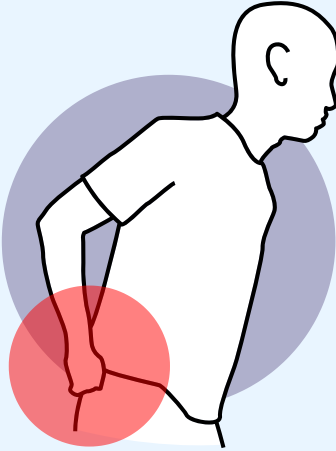


**Chest**

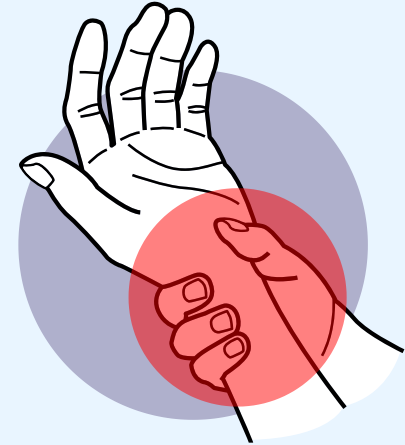
# Discomfort



**Nose**



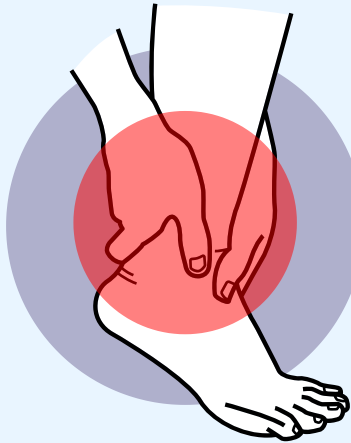
**Hip**



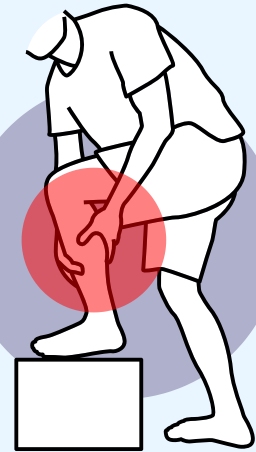
**Arm / Wrist**



**Back**

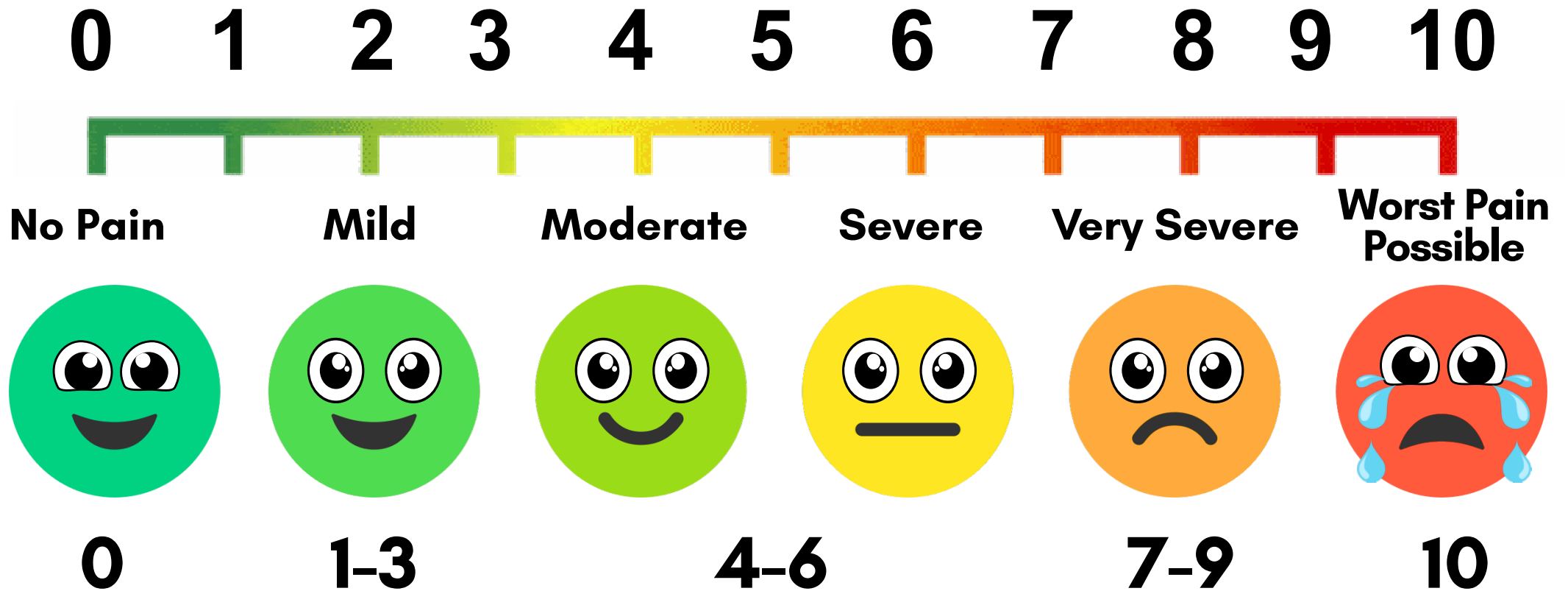


**Foot / Ankle**



**Leg / Knee**

# Pain Scale





# Activities of daily living



**Brush Teeth**



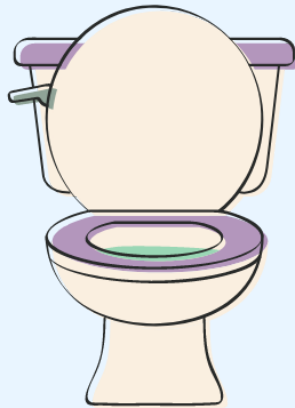
**Wash Hands**



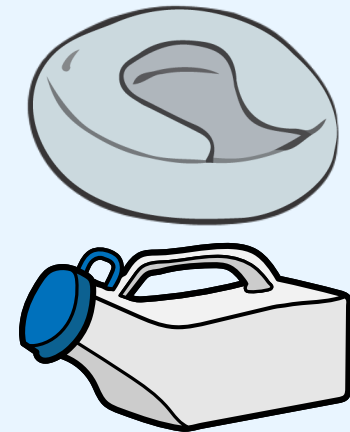
**Wash Face**



**Shower**

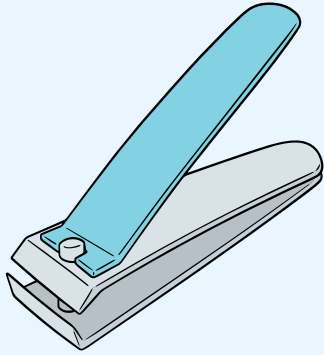


**Toilet**



**Bedpan/ Urinal**

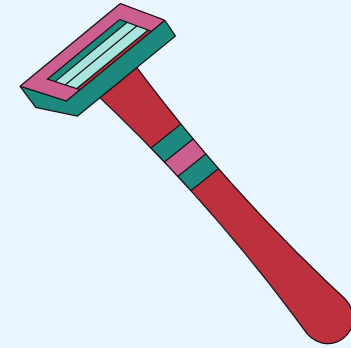
# Equipment



**Nail Clipper**



**Scissors**



**Shaver**



**Wheelchair**

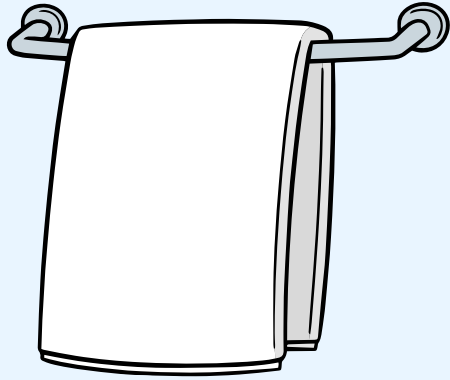


**Walking Frame**



**Walking Stick**

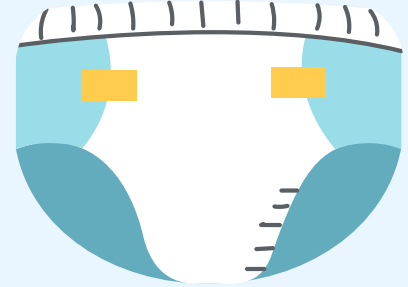
# Basic needs



**Towel**



**Clothes**



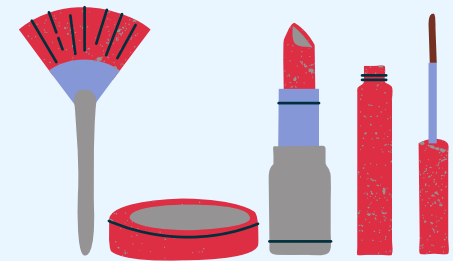
**Diapers**



**Dryer**



**Comb**



**Makeup**

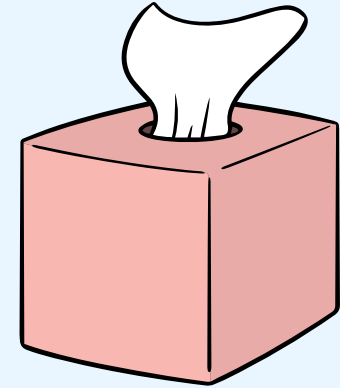
# Basic needs



**Glasses**



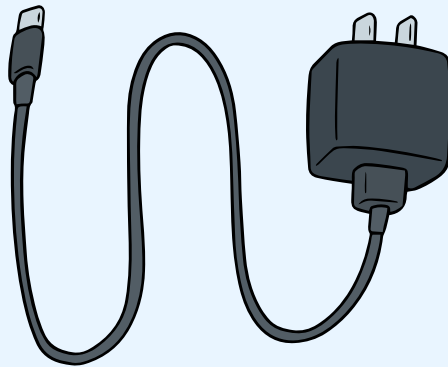
**Dentures**



**Tissue**



**Handphone**



**Charger**

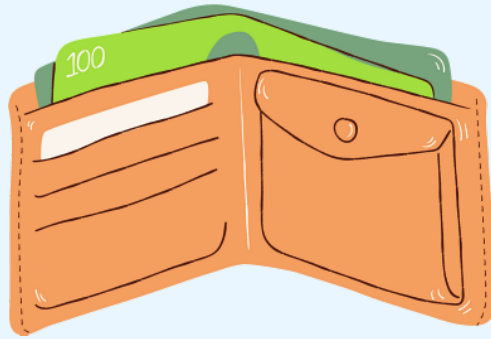


**Internet**

# Basic needs



**Hearing Aid**



**Wallet**



**Money**



**Pen & Paper**



**Newspaper**



**Slippers**

# For Discharge



**Home**



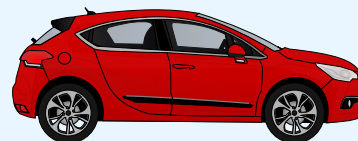
**Rehab Centre**



**Nursing Home**



**Call Family**



**Taxi / Car**

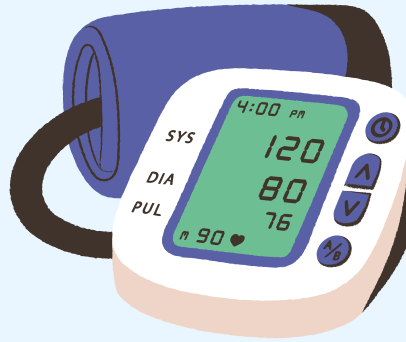


**Bus / MRT**

# For Discharge



**Medication**



**Blood Pressure**



**Blood Glucose**



**Exercise**



**Weighing Scale**



**Stop Smoking**

# Place to Go



**Park**



**Coffee Shop**



**Visit Family/  
Friends**



**Shopping Mall**



**Market**



**Bank**





**Stroke Services Improvement**  
**An initiative by the Stroke Services Improvement (SSI) team**  
**in collaboration with all public hospitals in Singapore**  
*Published in Aug 2025*