

图解沟通手册

PICTORIAL COMMUNICATION BOOKLET

本书册为失语症/言语障碍和沟通困难人士而设。

中风后沟通上出现障碍是很常见的。约三分之一的中风幸存者在沟通方面会遇到困难。每个中风幸存者的情况都不一样，因此您可能无法在这本手册中找到您想要的帮助。如果您在沟通方面遇到困难，请向您的医疗团队或语言治疗师寻求帮助和建议。

This book is designed for people with aphasia/dysphasia and 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.



与有言语障碍的人沟通的技巧：

- 在没有背景噪音的安静房间里使用这本手册。
- 使用简单和简短的句子、切中重点。
- 慢慢地说，并使用平常的语调。
- 一次只谈论一个话题。
- 提出“是”和“否”的问题，并提供具体的选择。
- 重复您说的话，确保对方理解您的信息。
- 耐心等待对方的回复。

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.

参考 | References:

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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这本手册包含的内容与图像是与沟通障碍人士的需求经常相关的一些物品和地方
Images and items in this booklet are frequently relevant to people with communication difficulties.

日历 | Calendar

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

0

31

日历 | Calendar

星期一
Monday

星期二
Tuesday

星期三
Wednesday

星期四
Thursday

星期五
Friday

星期六
Saturday

星期日/天
Sunday

日历 | Calendar

一月
January

二月
February

三月
March

四月
April

五月
May

六月
June

七月
July

八月
August

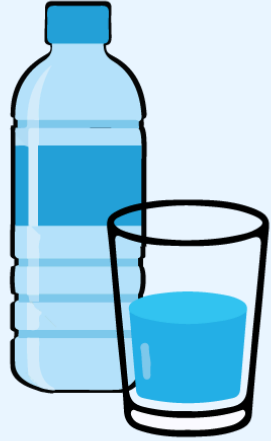
九月
September

十月
October

十一月
November

十二月
December

饮料 | Drinks



水
Water



牛奶
Milk



果汁
Juice



咖啡
Coffee



茶
Tea



美禄
Milo

饮料 | Drinks



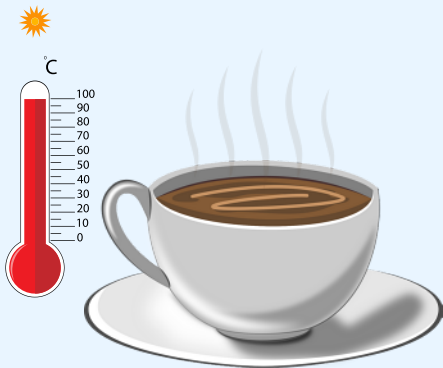
冰块
Ice



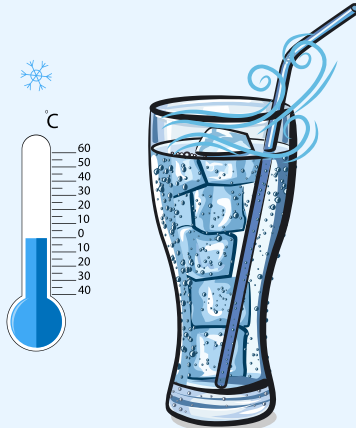
糖
Sugar



奶精
Creamer



热
Hot



冷
Cold



吸管
Straw

食物 | Food



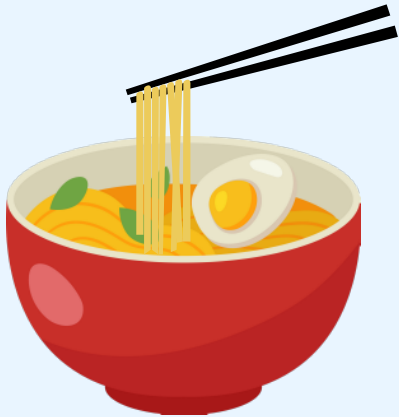
饭
Rice



粥
Porridge



汤
Soup



面
Noodles

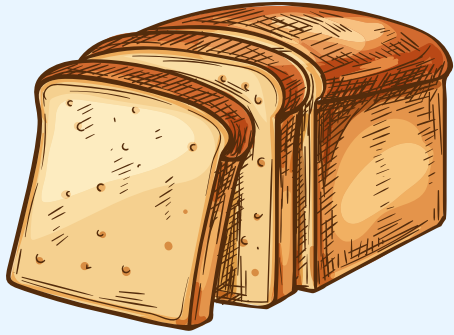


燕麦
Oats

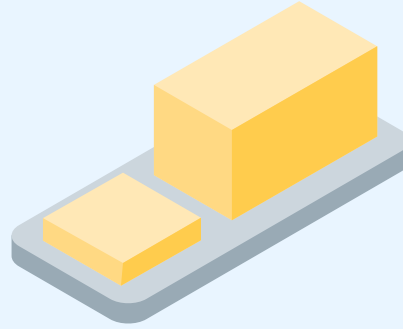


麦片
Cereal

食物 | Food



面包
Bread



牛油
Butter



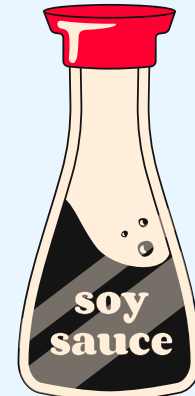
辣椒
Chilli



胡椒
Pepper

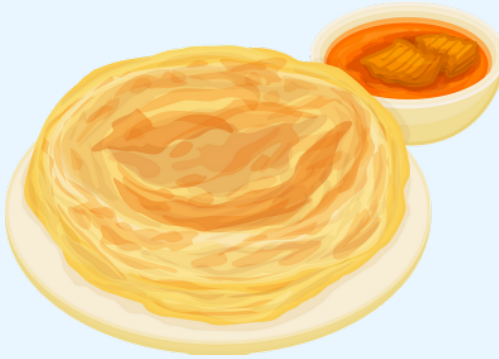


盐
Salt



酱油
Soy Sauce

食物 | Food



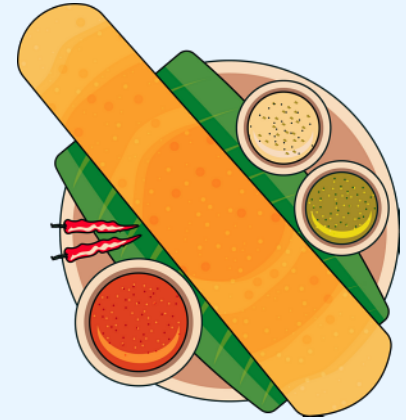
印度煎饼

Prata



印度薄烤饼

Chapati



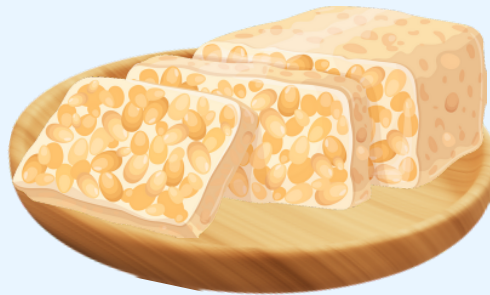
印度脆薄饼

Dosa



豆腐

Tofu



豆豉/天贝

Tempeh



包子

Steamed Bun

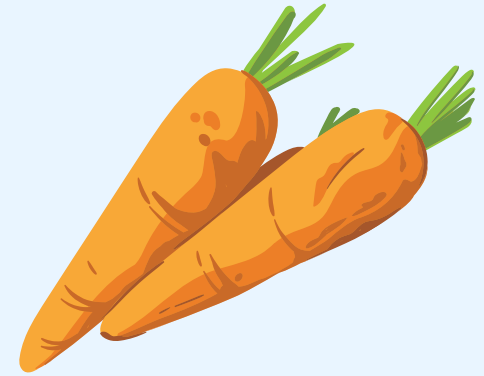
食物 | Food



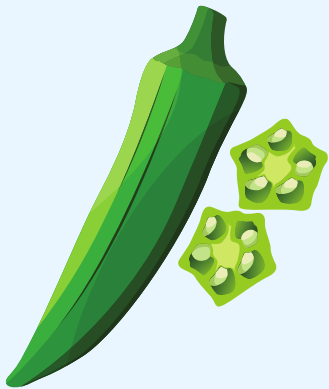
蔬菜
Vegetables



土豆/马铃薯
Potato



胡萝卜
Carrot



羊角豆
Lady's fingers

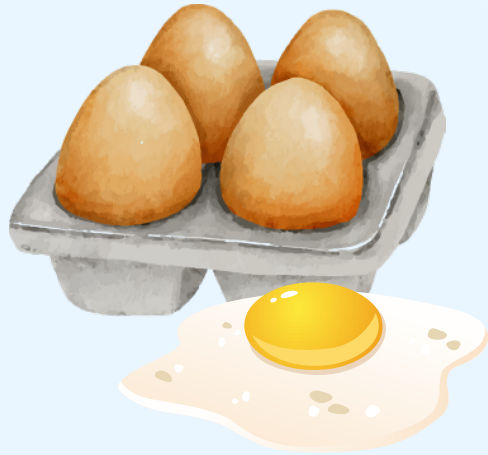


豆类 and 豌豆
Beans & Peas



坚果和种子
Nuts & Seeds

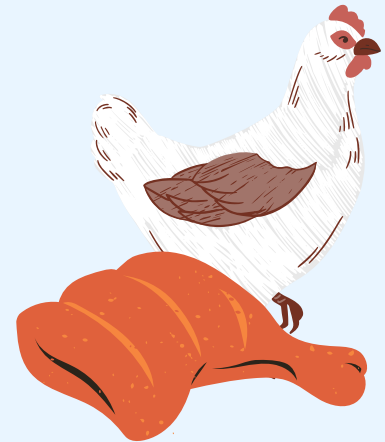
食物 | Food



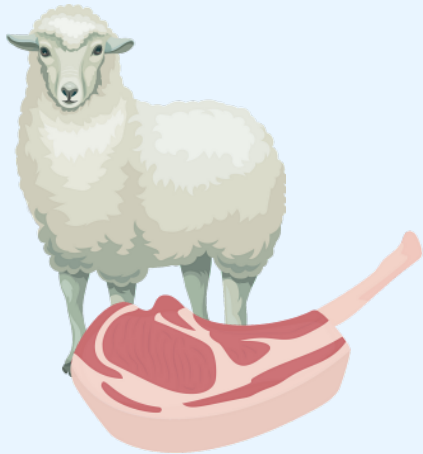
鸡蛋
Egg



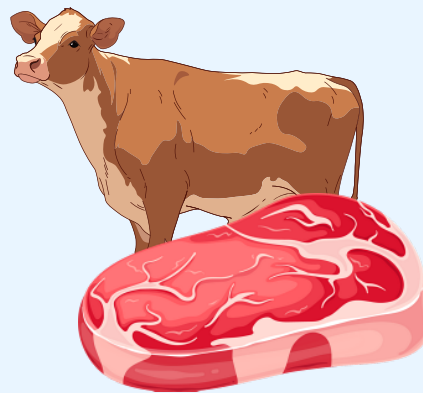
鱼
Fish



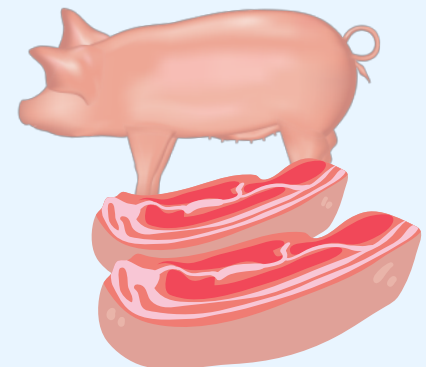
鸡肉
Chicken



羊肉
Mutton

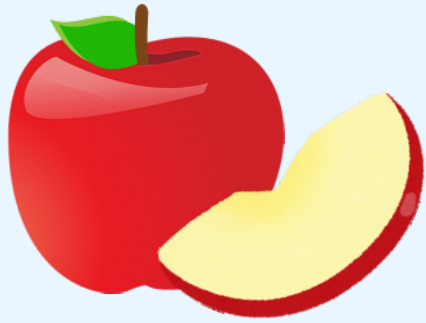


牛肉
Beef

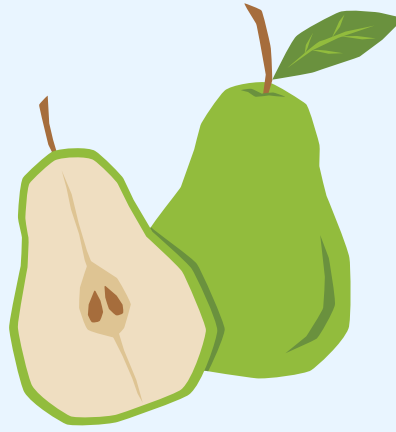


猪肉
Pork

食物 | Food



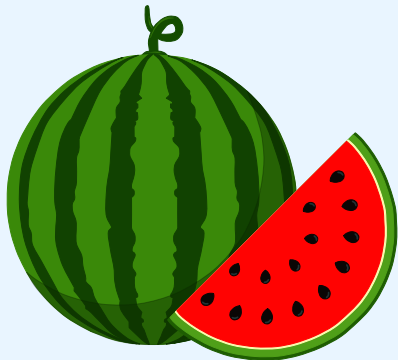
苹果
Apple



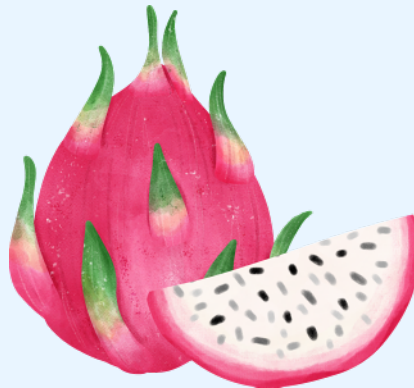
梨
Pear



橙
Orange



西瓜
Watermelon

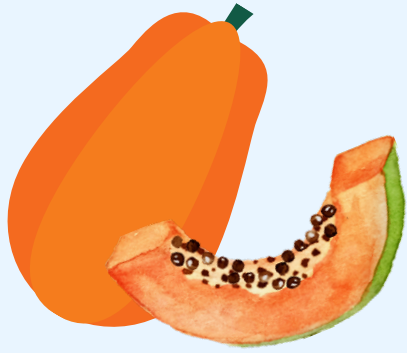


火龙果
Dragon Fruit

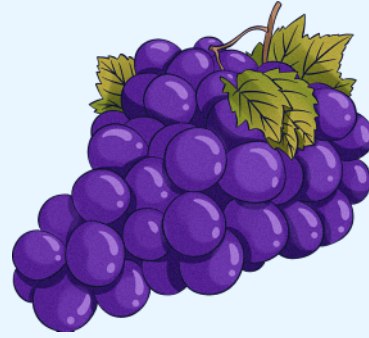


香蕉
Banana

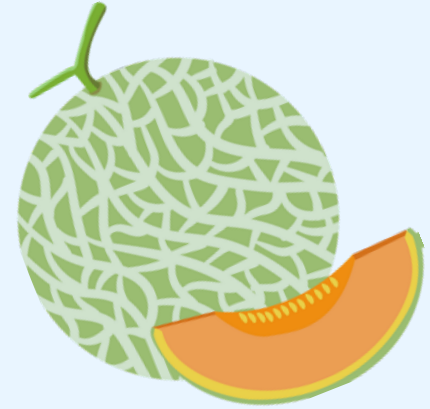
水果 | Fruits



木瓜
Papaya



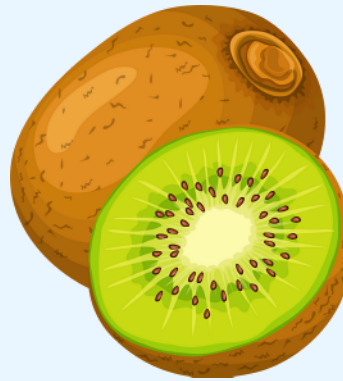
葡萄
Grapes



哈密瓜
Honeydew



番石榴
Guava



奇异果
Kiwi



榴莲
Durian

甜点 | Dessert



蛋糕
Cake



冰淇淋
Ice Cream



巧克力
Chocolate



饼干
Biscuit



玛芬
Muffin



传统糕点
Traditional Kueh

情绪 | Emotions



快乐
Happy



悲伤
Sad



担心
Worried



害怕
Scared

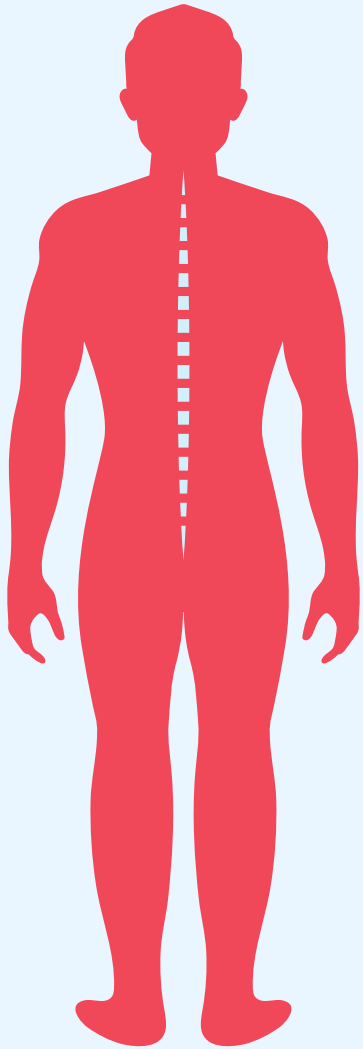


疼痛
Pain

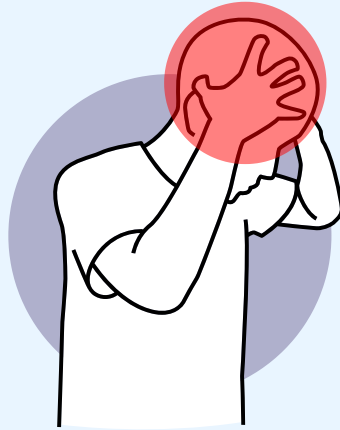


混乱
Confused

身体不适 | Discomfort



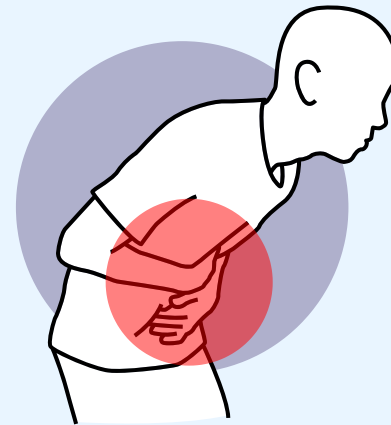
全身
Whole Body



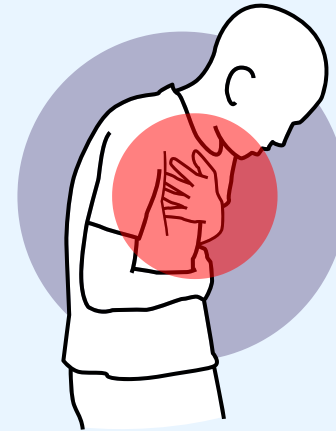
头部
Head



喉咙
Throat

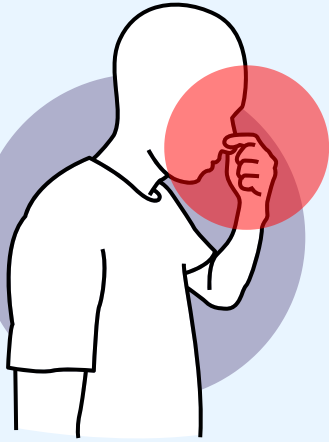


胃/肚子
Stomach

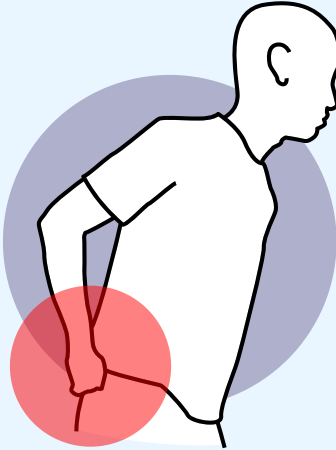


胸部
Chest

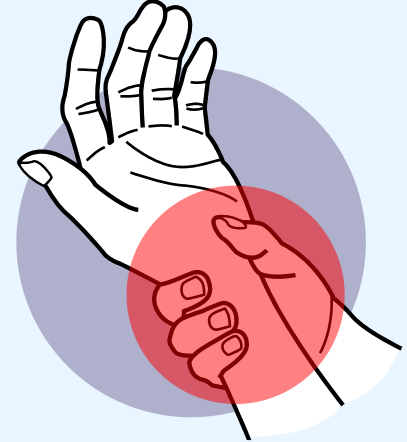
身体不适 | Discomfort



鼻子
Nose



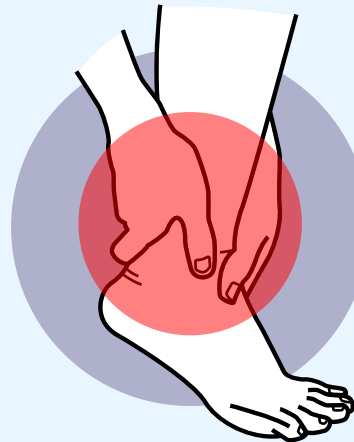
臀部
Hip



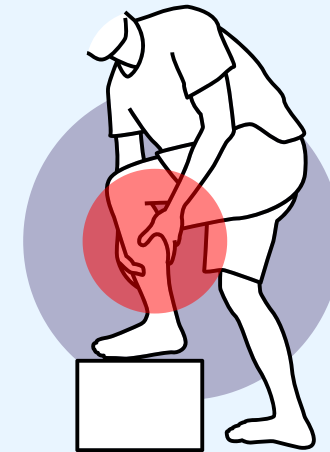
手臂/手腕
Arm / Wrist



背部
Back



脚/脚踝
Foot / Ankle



腿/膝盖
Leg / Knee

疼痛等级 | Pain Scale

0 1 2 3 4 5 6 7 8 9 10



无痛
No Pain

轻微
Mild

中等
Moderate

严重
Severe

非常严重
Very Severe

最严重的疼痛
Worst Pain Possible



0



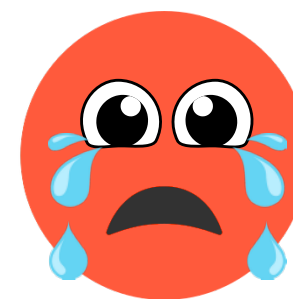
1-3



4-6



7-9



10

日常生活活动 | Activities of daily living



刷牙
Brush Teeth



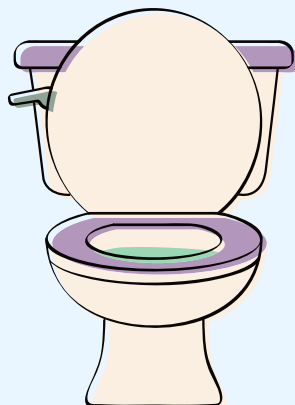
洗手
Wash Hands



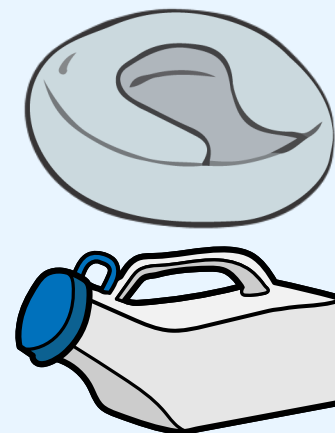
洗脸
Wash Face



冲凉
Shower

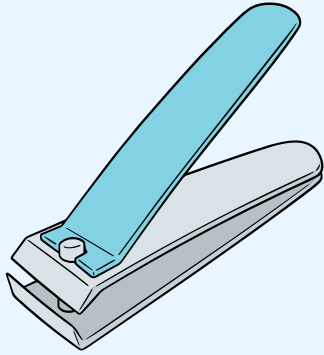


上厕所
Toilet



便盆 / 尿壶
Bedpan/ Urinal

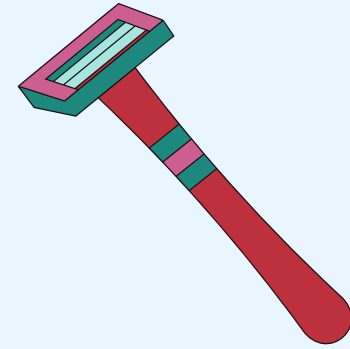
日常用品 | Equipment



指甲刀
Nail Clipper



剪刀
Scissors



剃须刀
Shaver



轮椅
Wheelchair

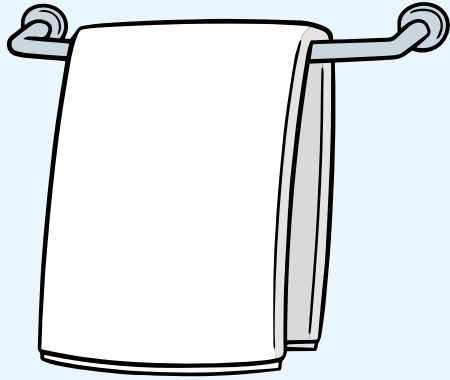


助行架
Walking Frame



拐杖
Walking Stick

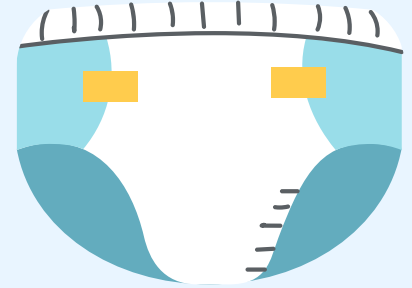
必需品 | Basic needs



毛巾
Towel



衣服
Clothes



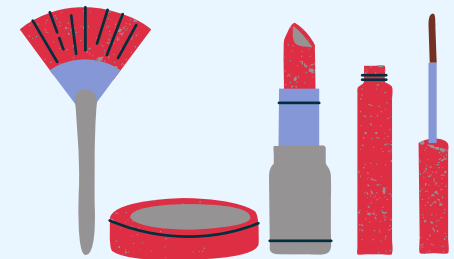
尿布
Diapers



吹风筒
Dryer



梳子
Comb



化妆
Makeup

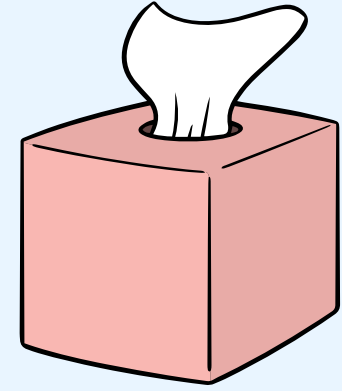
必需品 | Basic needs



眼镜
Glasses



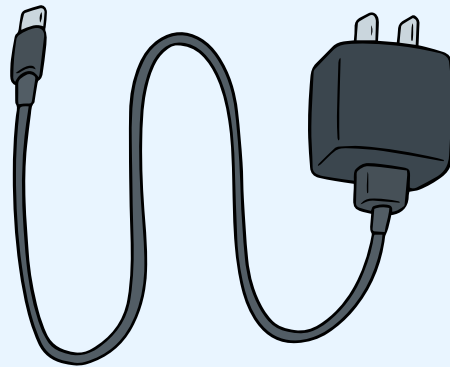
假牙
Dentures



纸巾
Tissue



手机
Handphone



充电器
Charger

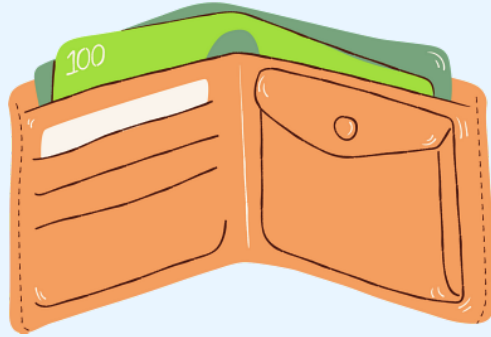


互联网
Internet

必需品 | Basic needs



助听器
Hearing Aid



钱包
Wallet



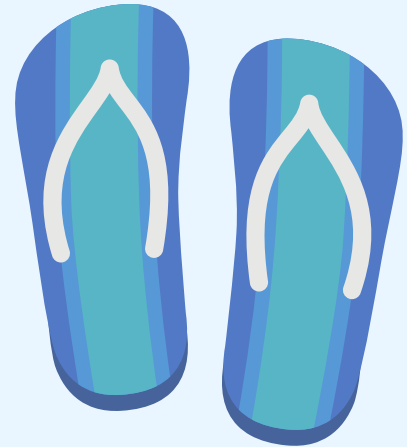
钱
Money



笔和纸
Pen & Paper



报纸
Newspaper



拖鞋
Slippers

出院使用 | For Discharge



回家
Home



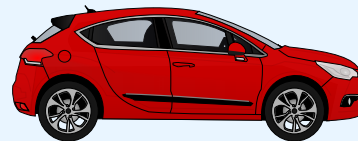
康复中心
Rehab Centre



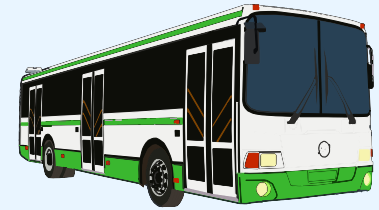
疗养院
Nursing Home



打电话给家人
Call Family



德士 / 私家车
Taxi / Car

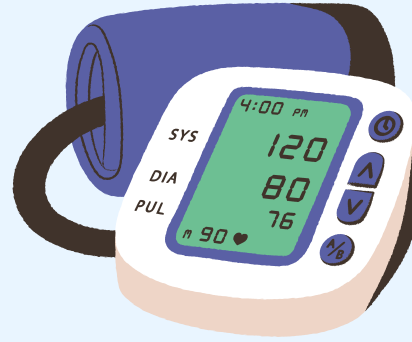


巴士 / 地铁
Bus / MRT

出院使用 | For Discharge



药物
Medication



血压
Blood Pressure



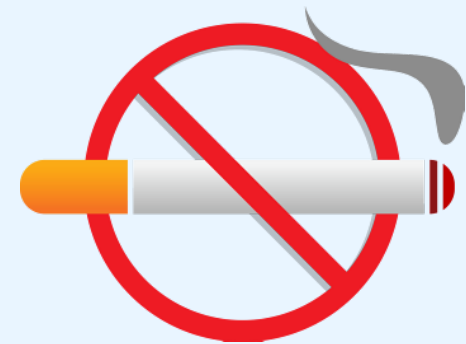
血糖
Blood Glucose



运动
Exercise



体重
Weighing Scale



戒烟
Stop Smoking

去的地方 | Place to Go



公园
Park



咖啡店
Coffee Shop



拜访家人 / 朋友
Visit Family / Friends



商场
Shopping Mall



超级市场
Market



银行
Bank



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