

BUKU KOMUNIKASI BERGAMBAR

PICTORIAL COMMUNICATION BOOKLET

Buku ini direka untuk orang yang mengalami afasia/disfasia dan masalah komunikasi.

Masalah komunikasi adalah sangat biasa selepas angin ahmar. Kira-kira satu pertiga daripada pesakit yang terselamat dari angin ahmar mengalami kesukaran dalam berkomunikasi. Setiap pesakit angin ahmar adalah berbeza, jadi buku ini mungkin tidak relevan sepenuhnya untuk anda. Jika anda menghadapi masalah komunikasi, hubungi pasukan penjagaan kesihatan atau ahli terapi pertuturan anda untuk mendapatkan bantuan dan nasihat.

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.



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



Saranan untuk komunikasi dengan orang yang ada masalah pertuturan atau bahasa:

- Gunakan buku ini di dalam bilik yang sunyi (tanpa bunyi bising di persekitaran).
- Pastikan menggunakan ayat pendek, ringkas dan jangan mereret.
- Bercakap perlahan-lahan dan pada nada suara yang tenang.
- Berbincang tentang satu topik pada satu masa.
- Tanya soalan "ya" atau "tidak" dan tawarkan pilihan yang khusus.
- Ulang semula untuk memastikan orang itu memahami mesej anda.
- Bersabar dan berikan masa untuk respon.

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

Rujukan | 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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Gambar - gambar di dalam buku ini selalunya relevan kepada orang-orang yang mengalami masalah komunikasi

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

Kalendar | 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

Kalendar | Calendar

Isnin
Monday

Selasa
Tuesday

Rabu
Wednesday

Khamis
Thursday

Jumaat
Friday

Sabtu
Saturday

Ahad
Sunday

Kalendar | Calendar

Januari
January

Februari
February

Mac
March

April
April

Mei
May

Jun
June

Julai
July

Ogos
August

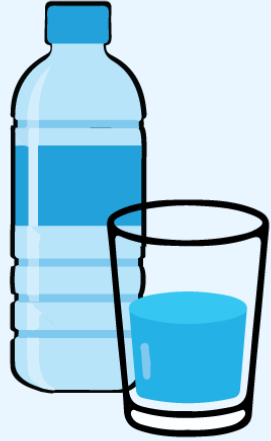
September
September

Oktober
October

November
November

Disember
December

Minuman | Drinks



Air
Water



Susu
Milk



Jus
Juice



Kopi
Coffee



Teh
Tea



Milo
Milo

Minuman | Drinks



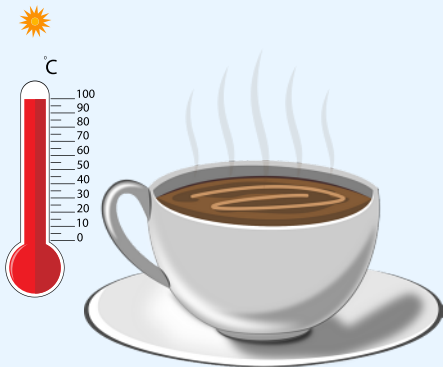
Ais
Ice



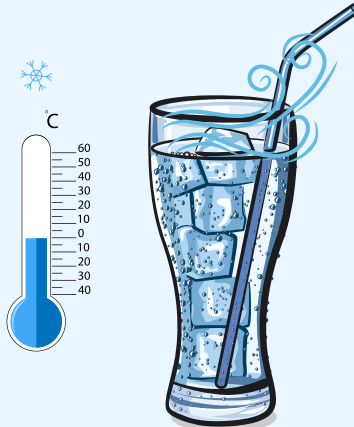
Gula
Sugar



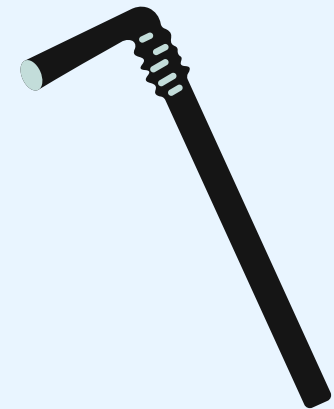
Krimer
Creamer



Panas
Hot



Sejuk
Cold



Straw
Straw

Makanan | Food



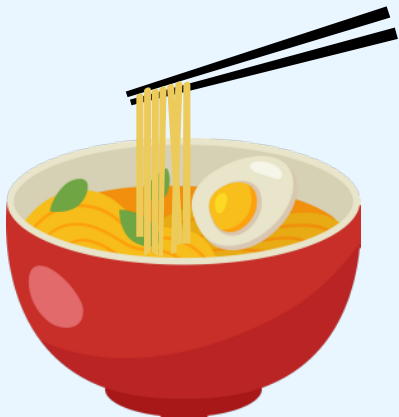
Nasi
Rice



Bubur
Porridge



Sup
Soup



Mi
Noodles

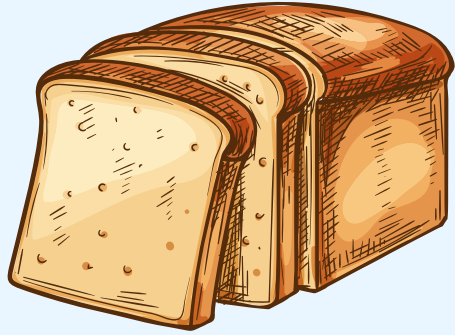


Bijirin Oat
Oats

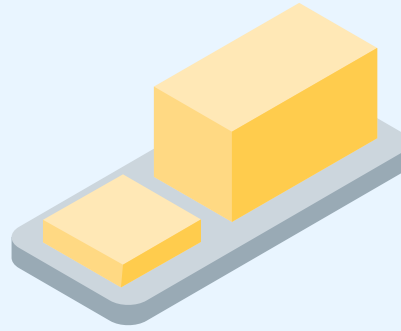


Bijirin Sarapan
Cereal

Makanan | Food



Roti
Bread



Mentega
Butter



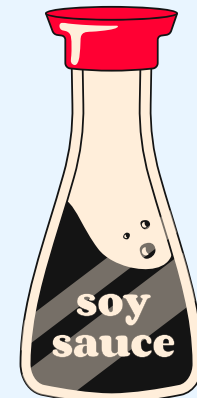
Cili
Chilli



Lada Putih/Hitam
Pepper

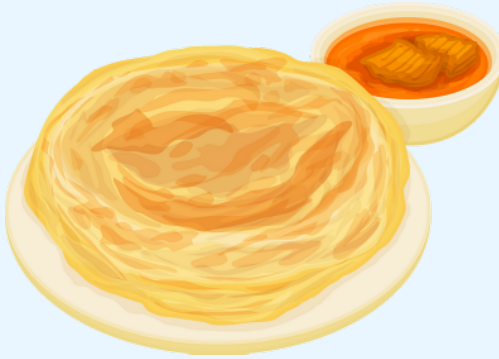


Garam
Salt



Kicap
Soy Sauce

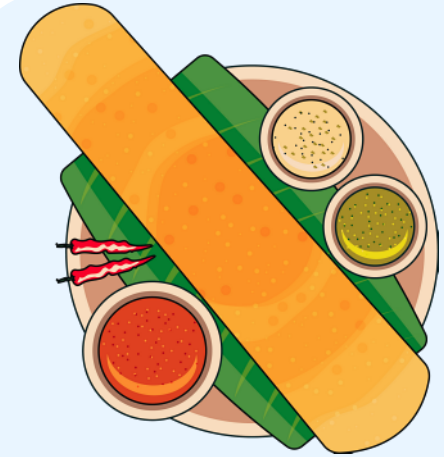
Makanan | Food



Roti Prata
Prata



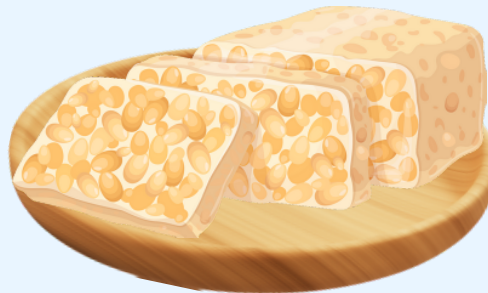
Capati
Chapati



Tosai
Dosa



Tauhu
Tofu

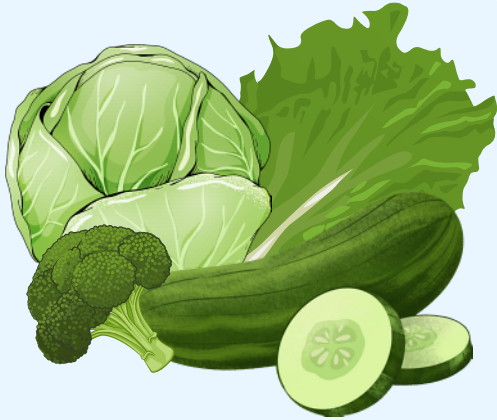


Tempe
Tempeh



Pau
Steamed Bun

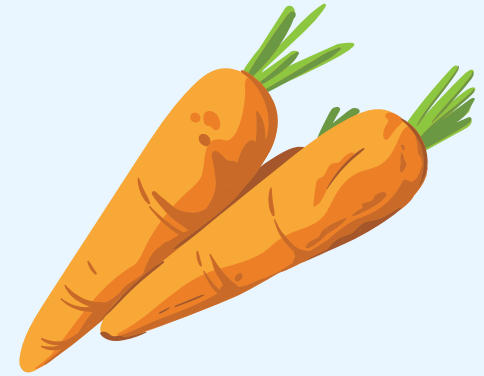
Makanan | Food



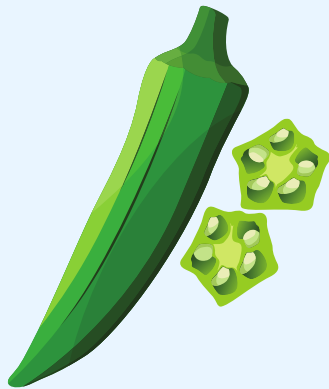
Sayur-Sayuran
Vegetables



Kentang
Potato



Lobak Merah
Carrot



Bendi
Lady's fingers

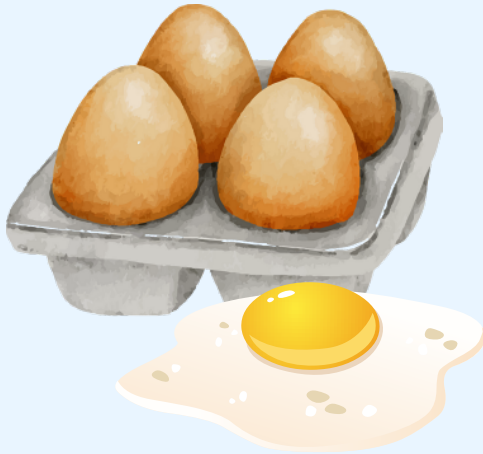


Kacang
Beans & Peas



Kacang & Biji-bijian
Nuts & Seeds

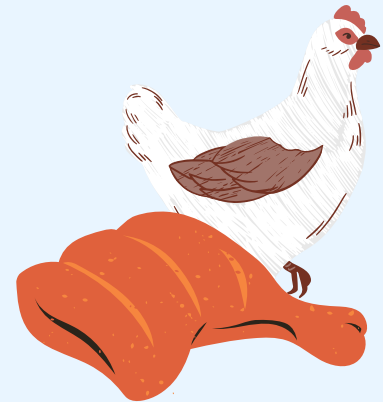
Makanan | Food



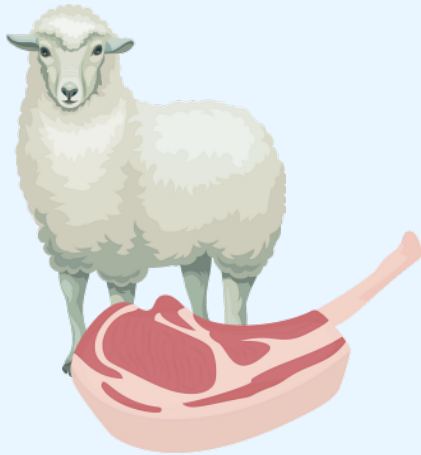
Telur
Egg



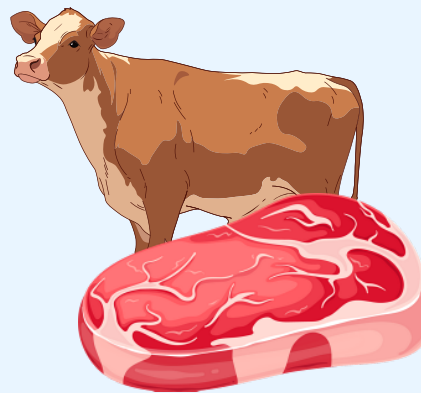
Ikan
Fish



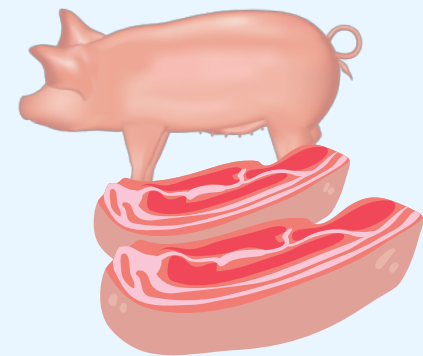
Ayam
Chicken



Daging Kambing
Mutton

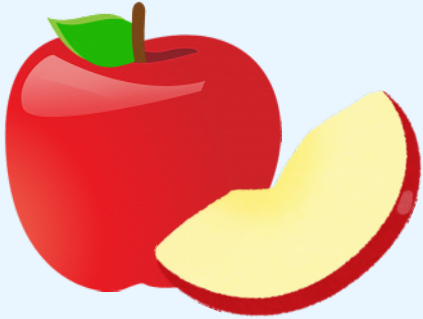


Daging Lembu
Beef

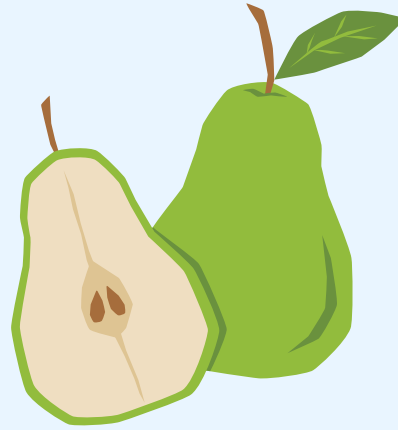


Daging Babi
Pork

Buah-Buahan | Fruits



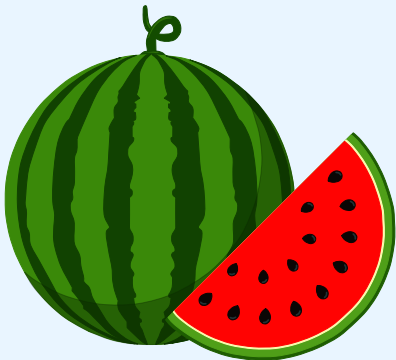
Epal
Apple



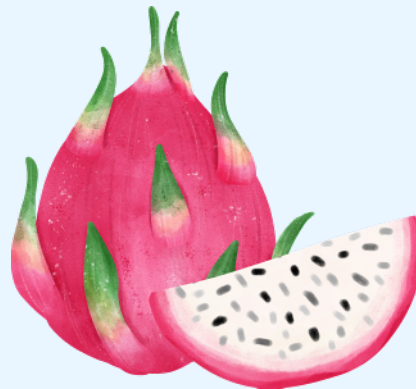
Pir
Pear



Oren
Orange



Tembikai
Watermelon

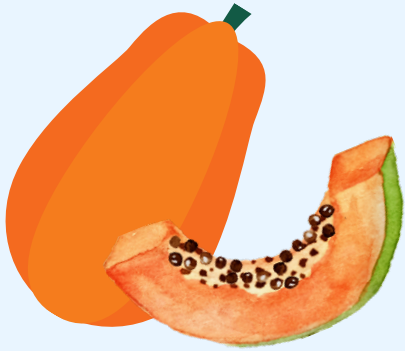


Buah Naga
Dragon Fruit

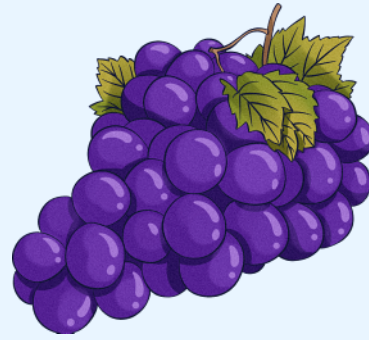


Pisang
Banana

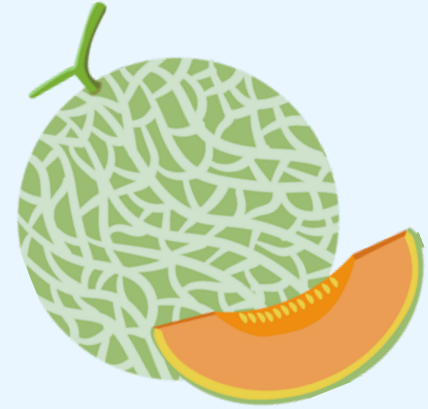
Buah-Buahan | Fruits



Betik
Papaya



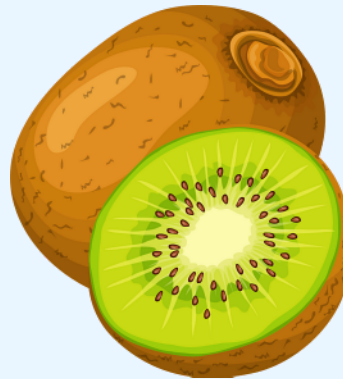
Anggur
Grapes



Tembikai Susu
Honeydew



Jambu Batu
Guava



Kiwi
Kiwi



Durian
Durian

Pencuci Mulut | Dessert



Kek
Cake



Aiskrim
Ice Cream



Coklat
Chocolate



Biskut
Biscuit



Mufin
Muffin



Kuih Tradisional
Traditional Kueh

Emosi | Emotions



Gembira
Happy



Sedih
Sad



Risau
Worried



Takut
Scared

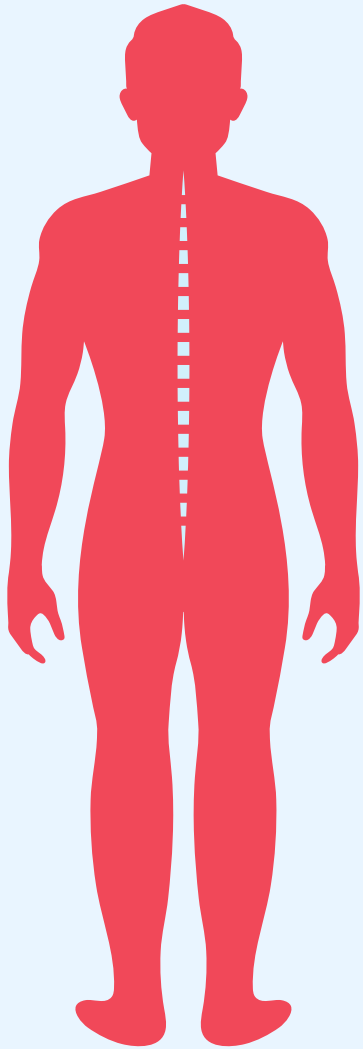


Sakit
Pain

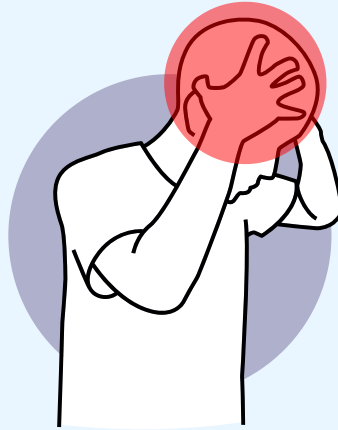


Keliru
Confused

Ketidakselesaan | Discomfort



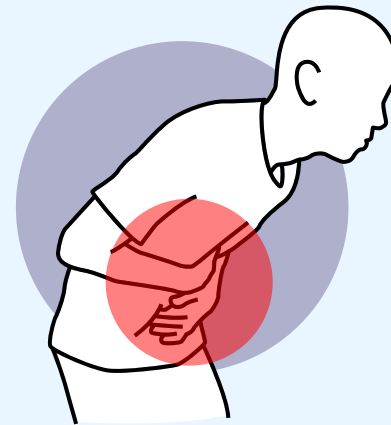
Seluruh Badan
Whole Body



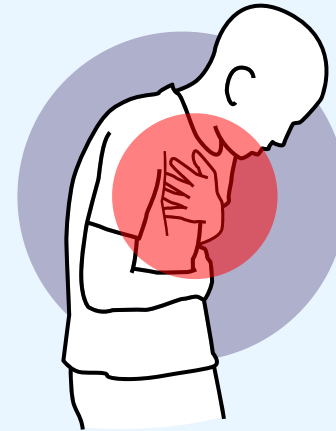
Kepala
Head



Tekak
Throat

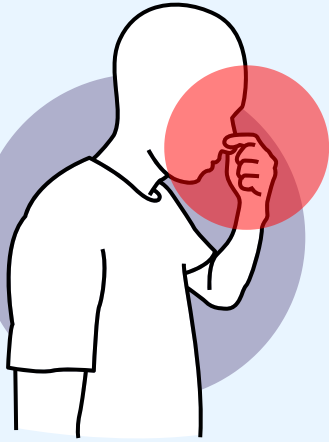


Perut
Stomach

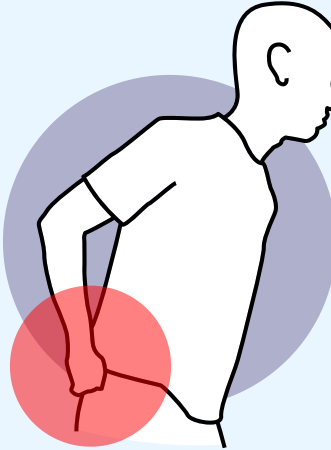


Dada
Chest

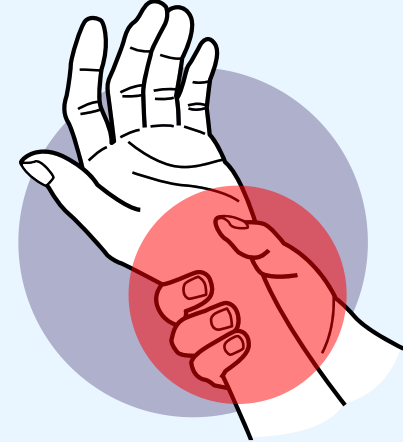
Ketidakselesaan | Discomfort



Hidung
Nose



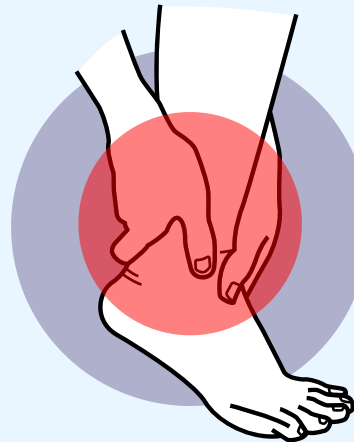
Pinggul
Hip



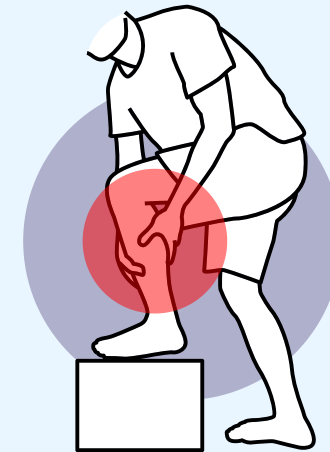
Lengan /
Pergelangan Tangan
Arm / Wrist



Belakang
Back



Tapak Kaki /
Buku Lali
Foot / Ankle



Kaki/Lutut
Leg / Knee

Tahap Sakit | Pain Scale

0 1 2 3 4 5 6 7 8 9 10



**Tiada
Rasa Sakit**
No Pain

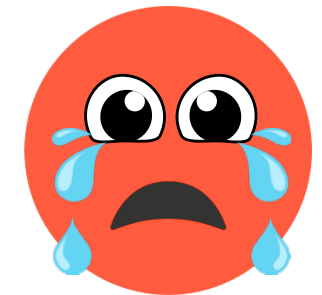
Ringan
Mild

Sederhana
Moderate

Teruk
Severe

Sangat Teruk
Very Severe

**Kesakitan
paling teruk**
**Worst Pain
Possible**



0

1-3

4-6

7-9

10

Aktiviti Kehidupan Seharian | Activities of Daily Living



Berus Gigi
Brush Teeth



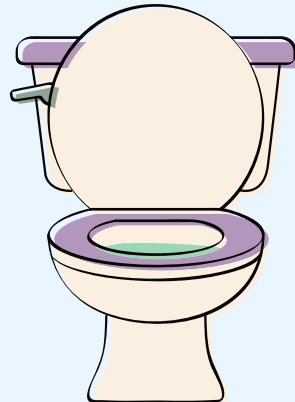
Basuh Tangan
Wash Hands



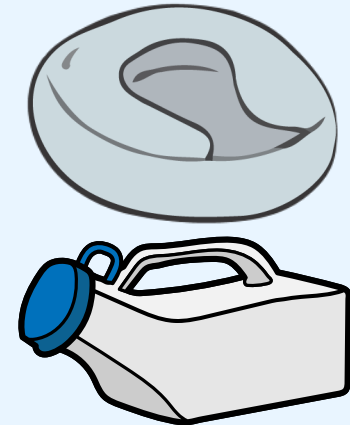
Cuci Muka
Wash Face



Mandi
Shower

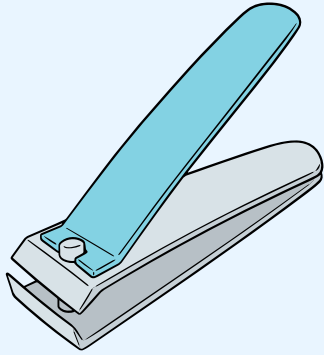


Pergi Tandas
Toilet



Bekas Najis /
Kencing
Bedpan/ Urinal

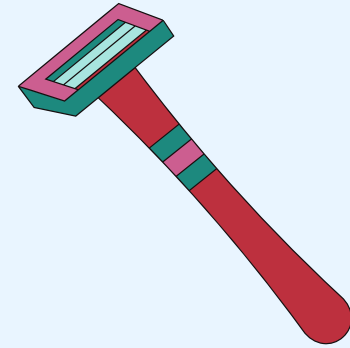
Peralatan | Equipment



Pemotong Kuku
Nail Clipper



Gunting
Scissors



Pencukur
Shaver



Kerusi Roda
Wheelchair

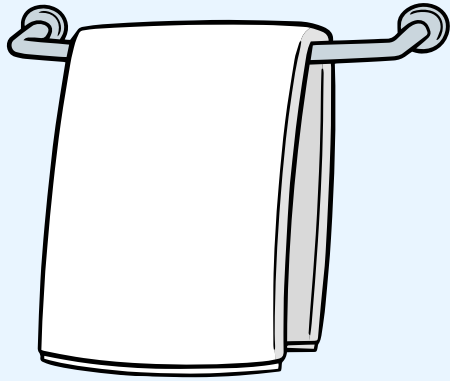


Rangka Berjalan
Walking Frame



Tongkat Berjalan
Walking Stick

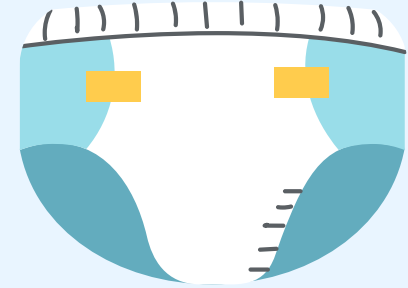
Keperluan Asas | Basic Needs



Tuala
Towel



Pakaian
Clothes



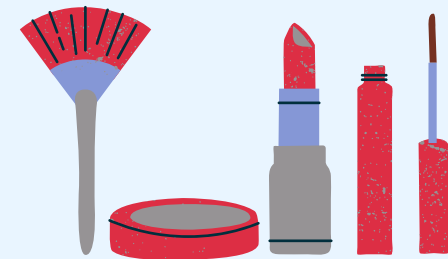
Lampin
Diapers



Pengering Rambut
Dryer



Sikat
Comb



Alat Solek
Makeup

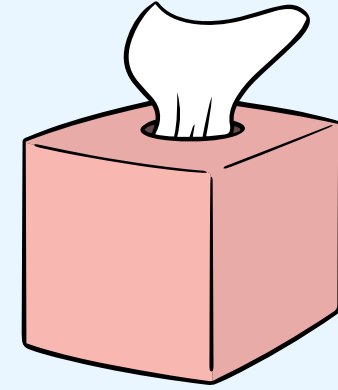
Keperluan Asas | Basic Needs



Cermin Mata
Glasses



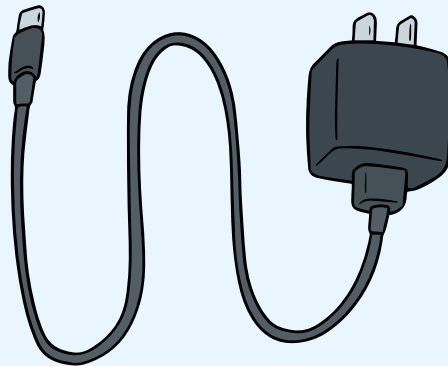
Gigi Palsu
Dentures



Tisu
Tissue



Telefon Bimbit
Handphone



Pengecas
Charger

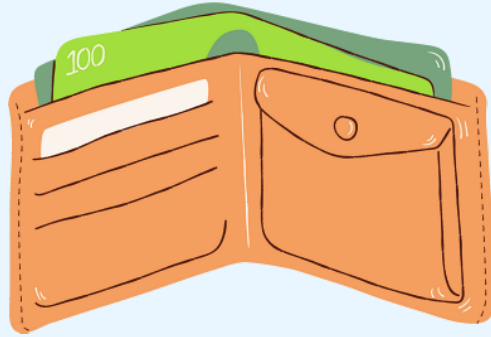


Internet
Internet

Keperluan Asas | Basic Needs



**Alat Bantu
Pendengaran**
Hearing Aid



Dompot
Wallet



Wang
Money



Pen & Kertas
Pen & Paper



Surat Khabar
Newspaper



Selipar
Slippers

Untuk Discaj | For Discharge



Rumah
Home



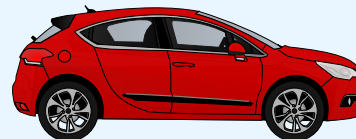
Pusat Pemulihan
Rehab Centre



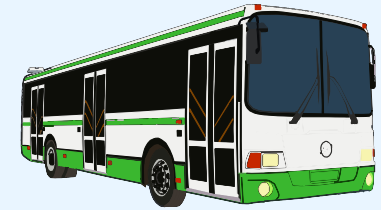
Rumah Penjagaan
Nursing Home



Hubungi Keluarga
Call Family



Taksi / Kerata
Taxi / Car

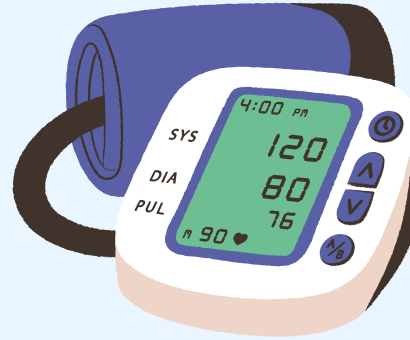


Bas / Kereta Api
Bus / MRT

Untuk Discaj | For Discharge



Ubat-ubatan
Medication



Alat Tekanan Darah
Blood Pressure



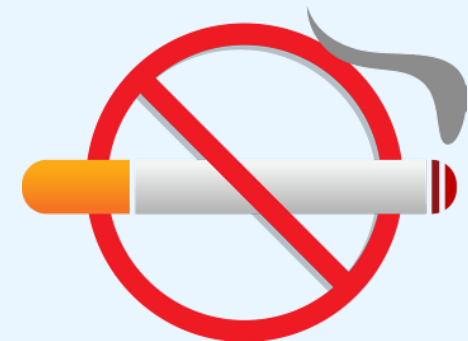
Alat Glukosa Darah
Blood Glucose



Bersenam
Exercise



Alat Penimbang
Weighing Scale



Berhenti Merokok
Stop Smoking

Tempat Untuk Dikunjungi | Place to Go



Taman
Park



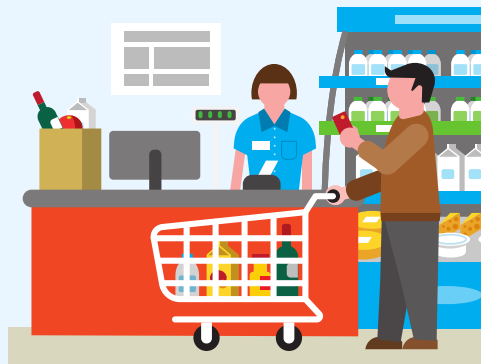
Kedai Kopi
Coffee Shop



Melawat Keluarga/
Rakan
Visit Family/ Friends



Pusat Beli- Belah
Shopping Mall



Pasar
Market



Bank
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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