

If you have dyspraxia

Here are a few tips many people with dyspraxia find helpful:

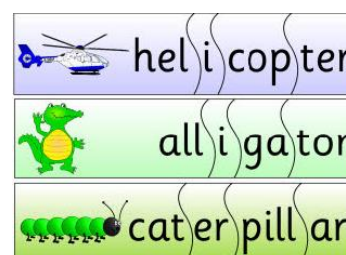
- Speak slowly.



- Think about what you want to say before you say it.



- Break long words and phrases into shorter chunks. You may find it easier to use shorter words.



- Use facial expressions and gestures to help clarify your message.



- If you're having trouble saying something, try saying it another way. This can make it easier to get your message across.

- Stay calm. If you're having trouble, it's okay to give up for now and come back to it later.



- Avoid important conversations when you're tired or feeling emotional.



- If you can, write down what you want to say



- If you have one, use a communication book or app to get your message across.



Ways to Help Someone with Apraxia

Support and encouragement from family and friends is important for someone with apraxia. There are things you can do to help the person communicate. Try the following strategies:

- Be patient. Give the person plenty of time to communicate.



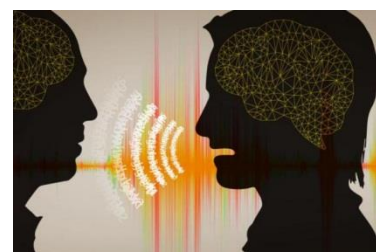
- Establish the topic, so you both know what you're talking about.



- Ask yes-or-no questions to clarify what you've heard, or ask questions that include two or three choices.



- If you don't understand something, repeat what you have understood, and ask the person to confirm that your understanding is correct. Then focus on the parts of the message that are still unclear.



- Don't pretend you understand what the person is trying to say. Try a different approach, or agree to come back to the topic later.

