Maintaining Verbal Skils

Whether you live alone or not, many people comment that they don't 'talk' as much as opportunities to socially interact become less. Instead of a day filled with chatting to neighbour's, shopkeepers, bus drivers etc. it feels like talking to others has become a luxury. For people living with dementia this can have a significant impact on their speech.

People have reported problems with 'stuttering' and 'grappling with words', speech getting 'slower' and more difficulty 'finding the right words'. These are common problems for those living with dementia, but they have got worse in lockdown.

The following are some ideas that people we work with have found useful.
If you live alone you can: -
Arrange regular telephone calls to friends and family. Write down things you want to say on a notepad and have it nearby when you call.
Become familiar with platforms such as FaceTime and Zoom. Being able to see the person you are talking to helps the conversation to flow naturally.
Get a newspaper or magazine and read sections aloud.
Sing along to familiar songs on the radio.

If you are living with someone you can: -

1. Spend time looking at and talking about old photographs.

2. Read a newspaper or magazine together.

3. Pick an article that interests you and discuss it.

4. Have a walk around the garden and chat about the flowers and plans for planting.

5. Have a walk around the house, reminisce and plan home improvements.

6. Sing along to familiar songs together.

If you need any help or guidance, want to find out about other activities and services, or just need someone to talk to who understands your situation, Dementia Friendly Keighley is here for you.

You can call us on **07452 773788** between **10am and 2pm daily**, text (**SMS**) or **WhatsApp** '**CALL BACK**' on the same number or leave a message outside of these hours and we will call back as soon as possible. Please note: Times and days of our activities and services are subject to change, so please call for up to date information.

Dementia Inequalities Partnership