






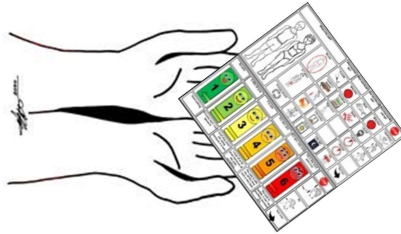


VISUAL SCHEDULE: HOW TO COMMUNICATE ABOUT PAIN

HOW TO COMMUNICATE ABOUT PAIN?			Tell the doctor or nurse these things:		
1: Where it is? 	2: How does it feel? 	3: When does it pain? 	4: How does it start? 	5: How long does it last? 	6. How bad is it? 
I need help 			Please can I have a communication board. 		

This is a visual schedule. A visual schedule can help people to understand how a sequential process or procedure works. It is especially helpful for people with intellectual disabilities or autism, to help them understand what to do next or what will happen next. When a person is able to anticipate what will happen next, it can decrease their anxiety and increase their independence. To use the visual schedule, sit with the person before starting the activity and explain the procedure to them step by step, pointing to the pictures as you explain. During the procedure, before each step, show the person the picture. When that step is completed, show them that you are moving on to the next step by pointing to the next picture.