

HOW TO COMMUNICATE ABOUT PAIN?

Tell the doctor or nurse these things:

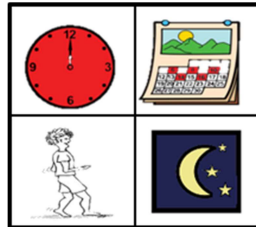
Sa mathomo nagana gore go bohloko mo kae.



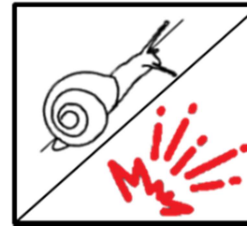
Bohloko bo kwagala bjang?



Bjale, nagana gore bohloko bo thoma neng?



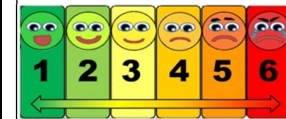
Ke tla ka lebelo goba e tšea nako?



E tla tšea sebaka se se kang?



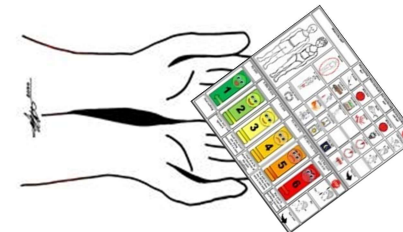
Ge o nagana ka bohloko e šoro bjang?



Ke kopa thušo



Nyaka



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, before an activity sit with the person and explain the procedure to them step by step, pointing to the pictures as you go. During the procedure before each step show the person the picture and when that step is completed show them that you are moving on to the next step.

*symbols from www.bildstod.se