

Communication Profile Example

Coping Energy	How I communicate	How to support me
High	<p>Speaking verbally. Looking in the direction of people communicating with. Some eyes contact (best for me) Various tones of voice used appropriately. Appropriate volume for situation.</p>	<p>Give me time to process verbal information. Avoid asking lots of questions altogether. Be willing to change location if it is too noisy/busy.</p>
Moderate	<p>Speaking too loudly. Speaking too quickly. Looking toward people but giving no eye contact. Looking around whilst speaking.</p>	<p>Break information down into chunks Give me more time to process information Text/Write down information that needs to be remembered (dates/times/directions etc).</p>
Low	<p>Speaking too quietly. Flat/monotonous tone. Not looking at the speaker. Not responding.</p>	<p>Use visuals/text to communicate with me. Considering communicating with me later. Explain to others that I am struggling to communicate verbally.</p>

Communication Profile

Name: _____

Coping Energy	How I communicate	How to support me
High		
Moderate		
Low		