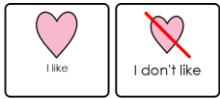
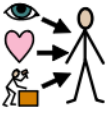
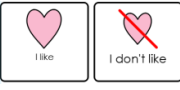
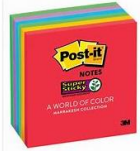


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Talking Mats™

TalkingMats 	Talking Mats help people to express their feelings, opinions and views about a topic
	Talking Mats provide a way to have creative and visual conversations
	Talking Mats help people process information by breaking information down into small, manageable chunks
	Talking Mats give people to have time to process information
	Talking Mats can be about preferences e.g. Things I like, Things I don't like
	Talking Mats can be about support e.g. I can do this on my own, I need a lot of help, I need a bit of help
	Talking Mats can be about experiences e.g. Things that are going well, things that are not going well, things that are sometimes going well
	Talking Mats can be used in debriefs , as part of the safeguarding process or in Mental Capacity Assessments
	Anyone can use a Talking Mat
	Talking Mats are useful!
? What will you need?	
1 	You need a big piece of paper and a gluestick
2 	You need to decide on the topic to be discussed e.g. activities. Get a visual to represent the topic!
3 	You need to decide on your top scale visuals e.g. I like/I don't like/I don't know. Get your top scale visuals!
4 	You need to get visuals to represent the topic options e.g. activity choices - ice skating, shopping, cycling (you can use objects, photos or symbols depending on the persons communication preferences)

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5		You need blanks or post-it notes to add extra information that may come up in conversation or write notes directly onto the paper!
6		Tell the person what the topic of conversation is, glue the topic visual at the top of the paper, introduce the top scales e.g. we are going to sort the visuals into things you like and don't like
7		Support the person to sort the visuals under the headings. Show how to place the visuals, handing each option to the person one at a time.
		Remember to keep the Talking Mat or take a photo. Always ask the person who made the Talking Mat if you can take a photo, store and share the information
		Look at the Talking Mat again at a later time and see if the person wants to change where the visuals go e.g. has the person tried a new activity and liked it?
		Explore any other points that come up in conversation. You can do this by creating a bespoke/personalised Talking Mat for the new topic that needs exploring

Here is an example of a completed Talking Mat™ that supported a resident to identify their activity likes and dislikes and communicate which activities they would like to do more of and new activities that they would like to try. This information will contribute to One-Plan planning.



You can find more information at <https://www.talkingmats.com/> or speak to Speech and Language Therapy