

Introduction to Module: Communicating better with health and social care professionals

Within this module, we'll be exploring the use of communication in aiding your own control, to get what you need for yourself and the person you care for. It will assist in developing your existing knowledge, skills and confidence so you may effectively influence the solutions and resources available to you in your caring role.

Getting Started:

Let's spend a moment thinking about what verbal communication actually involves. The basic elements are:

- Listening
- Talking
- Asking questions



Everyone has their own style of communication. So let's take a look at these styles.