

Communication strengths and weaknesses assessment

Use this handout to discover your communication strengths and weaknesses. Use the worksheet below to calculate and analyze your results from the communication strengths and weaknesses assessment on page two.

WORKSHEET

| | | | |
|-------------------------------------|-------|-------|----------------------|
| Number of "Unsure" | _____ | x 0 = | <input type="text"/> |
| Number of "Never" | _____ | x 1 = | <input type="text"/> |
| Number of "Sometimes" | _____ | x 2 = | <input type="text"/> |
| Number of "Always" | _____ | x 3 = | <input type="text"/> |
| Add up the amounts from every line: | | | <input type="text"/> |

If your score is between 0 and 20,

your use of communication strategies could improve. We recommend you talk to your audiologist about the areas that are troublesome for you – especially the areas you selected as "never" or "sometimes." Also, visit the **Communication strategies** section of the website to learn more.

If your score is between 21 and 27,

you have a strong grasp of communication strategies! You "always" or "sometimes" use most of the optimal communication strategies. Remember to frequently reassess your skills, as your needs may change. Continue to learn more at the **Communication strategies** section of the website.

| To what extent... | Always | Sometimes | Never | Unsure | Notes |
|--|--------------------------|--------------------------|--------------------------|--------------------------|-------|
| Are you able to understand most speakers during one-on-one, in-person conversations? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Are you able to understand a speaker without seeing his or her face? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Are you comfortable communicating in a new situation or environment? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Are you comfortable explaining the limitations of your cochlear implant? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Are you comfortable making specific requests to communication partners about your needs? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Are you comfortable asking for context or topic words during a conversation? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Are you comfortable asking communication partners to repeat and rephrase what they said? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Are you comfortable asking for written or nonverbal communication? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Are you comfortable admitting when you did not hear or understand something in a conversation? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

For this chart, make a list of your 10 most common communication partners, and make notes of frequent communication breakdowns. Remember, a communication breakdown occurs when the information being relayed is partly or completely incomprehensible between two people.

| Number | Name | Frequent communication breakdowns |
|---------|-----------------------|--|
| Example | Sally Smith, daughter | Are you able to understand most speakers during one-on-one, in-person conversations? |
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |