

AN APPETITE FOR APHASIA:

A GUIDE TO DINING OUT WITH CONFIDENCE



“MAKE A RESERVATION”

- Bring your communication tools (Phone, Writing Pad, AAC Device)
- Go with a supportive person, if possible
- Choose a quieter time (before or after the lunch or dinner rush)
- Look up the menu online and circle or write down what you want



“THE APPETIZER”

- Start off your experience with creating Aphasia Awareness:
- “I have aphasia. I understand more than I can say.”
- “Please be patient. I may point, write, or gesture my to help me communicate.”
- “Can you please repeat that?”
- “Please give me time to respond.”



“MAIN COURSE”

- Pointing to the menu or photos
- Writing down your order
- Practice key phrases (water, hamburger, pizza)
- Use gestures or write to clarify if anything seems wrong



“DESSERT”

- Ask for a quiet table, away from speakers or noise
- Use visual cues and body language
- Smile and stay calm – you are in control of the conversation!



“CHECK PLEASE!”

- If using a card, point to it or hand it over with the receipt
- Point to the total or tip section on the receipt
- Nod or give a thumbs up to confirm it's correct
- Ask your dining partner or server for support, if needed
- Don't rush! Take your time to double-check the bill

