Inclusive Space

NHS
Leicestershire Partnership
NHS Trust

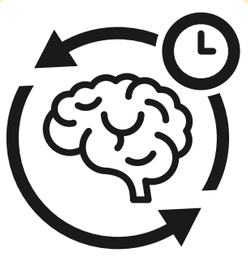
Why visual support helps

Visuals can help you understand and focus on information as it is spoken, and remember it later



Understanding and focus

Visuals can make it clearer and easier to focus and understand in the moment, when someone is talking



Memory

Visuals last longer in the mind than spoken words. And you can look back and check instead of trying to remember.



Predictability

Visuals show what to expect. This can help you feel prepared and reduce anxiety.



Reduced frustration

Clearer and lasting information means less stress and fewer mix-ups



Feelings

Visuals can help you name and manage their feelings



Communication and choices

You can choose or point to images to show what you want, need or feel



Motivation and independence

Visuals can help you get started, keep going and follow information on your own

Visuals also support communication, managing feelings, staying motivated, and doing things more independently