

You may not have thought about it much, but gestures are very useful...

How can gestures help us communicate in a conversation?

They can help us as the speaker:

- Influence how we convey a message by adding emphasis to words
- Aid our language processing and word retrieval

They can help the listener:

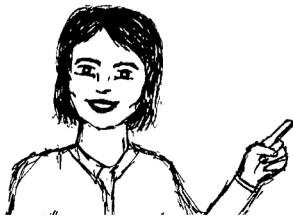
- Feel more included and drawn into the conversation
- Better understand and extract what we are trying to say

Recent Research in Parkinson's and gestures shows:

- People with mild-to-moderate Parkinson's disease are still able to use gestures alongside speech
- People with Parkinson's still use gestures to achieve the same communicative goals when in face-to-face conversation
- People with difficulty speaking may be able to use gestures to help clarify the content of their speech



Forward hand gesture



Pointing gesture



Speaking With Your Hands

Gestures can happen spontaneously as we talk and can be a useful tool to help us communicate effectively with others



Big fish gesture



Expressive gesture

We know that speaking with our hands can aid our communication and that people with Parkinson's can still gesture, so how might we use this information?

How gestures can be used alongside your speech:

To get information across, you could:

- Use a **big fish gesture** to represent the size of an object
- Use a **pointing gesture** to give directions

To indicate turn-taking, you could:

- Use a **forward hand gesture** to indicate the listener's turn to speak
- Use a **wait gesture** to show that you are still speaking

To show emotion and colour, you could:

- Use an **expressive gesture** to add emphasis and enthusiasm to your speech

*When you are struggling to speak or communicate, use your hands to help you
Try to relax your hands and let them move naturally alongside your speech*