INSTRUCTIONS FOR USERS WHO READ WELL:

My Pain Alert® Scale Communication Tool trains you to communicate your pain management needs in a way that is quickly and easily understood. This book was designed to be used by a lot of different ages (two years up) and abilities (including people with brain injury, autism, and sensory impairments). You **DON'T need** to have someone read to you, although you might like that. It's your choice!

Your goal is to read the stories enough times to be able to explain all six levels to family or friend, and do a good job of answering questions about the levels. You already know from taking tests at school that **three times usually works**.

You should also show your family some American Sign Language signs which you think might be useful if you are in a situation in which **it is hard to talk**. "Need" "Medicine" "Pain" and "No" are suggested. You could try doing the sign for Medicine pretending the bedding is your open flat hand – a one handed version. Make sure **your family can recognize the ASL signs**. Otherwise, they may think you are drawing circles with your middle right finger for fun.

You should be able to describe the types of pain you've had in the past. Were the pains**: sharp, throbbing, burning, or dull.** If you haven't had those types of pain, ask family to tell about theirs. You will be better prepared, and know that you are not alone in your struggle.

The bonus skill for this challenge is to explain the correct way to take a medicine you've had before: with water or food (what food do you prefer?), how long until it took effect, and what helped while waiting?

For Your Information:

You can get this book in E-pub version for a tablet or smart phone so the My Pain Alert® Scale is always there for you. Any online bookstore should have it for $2.99

You can leave the author useful comments via Twitter or Facebook at: My Pain Alert. **Thank you for helping others** by being a part of this communication tool's improvement.

<div align="right">Gail Goldstein, CCC-SLP, Author</div>