



Experiences of Welsh-speaking People with **Aphasia**

Easy read version - English

Cymdeithas

Strôc | **Stroke**
Association



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

Background



Welsh and **English** are seen as **equal languages** in Wales.

The **National Health Service (NHS)** in Wales should offer people the **choice** of services in Welsh or English.



People **experience better** healthcare when they are **given a choice** about the **language** they receive their service in.

We **do not know** whether healthcare services are offered in **Welsh** all the time.



A **stroke** happens in the **brain** and can cause **disability**.

Some people might have a **communication disability** called **aphasia**.

Aphasia is when a person has **difficulty**:

- Speaking
- Understanding speech
- Reading
- Writing



Speech and language therapy can **help** people who have aphasia.

We **do not know** much about the **experiences** and needs of **people with aphasia** who **speak Welsh**.



This project explored the **experiences** of **Welsh speakers** who need speech and language therapy for **aphasia** after stroke.

This will give us information that can help to **make services better**.

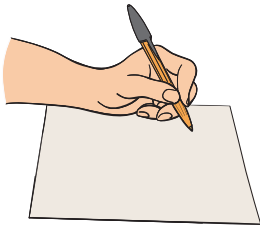
How we did this project



We spoke to **three people** who have **aphasia** and who **speak Welsh**.

We also met with **three people** who **attend** a **group** for Welsh speakers who have had a stroke.

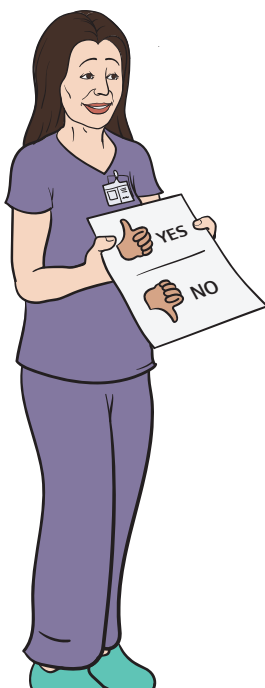
We **asked** them about **their experience** of having **speech and language therapy** in Welsh.



We **looked** at what **they said**.

And we made **notes** about **their stories**.

We **grouped ideas** from these stories into categories of experiences.



The project was run by **two speech and language therapists**.

One speaks **Welsh** and **one** is trained as a **researcher**.

They **worked together** to understand how each person they spoke to felt.

The researchers were **interested** in **how being a Welsh speaker affected their experience**.

Results



People found it **difficult** to get speech and language **therapy in Welsh**.

We grouped ideas from their stories into **two main categories**.



These were '**identity**' and '**emotionality**.'

Identity means how people **think** about **themselves**.

Emotionality means how they **feel** about the way they use Welsh since their stroke.



We also found **3 smaller categories**:

- 1. Family** – speaking Welsh with family members.
- 2. Community** – being part of a Welsh-speaking community.
- 3. Politics** – the Welsh language being part of Wales as a country.

Summary



We have **learnt more** about the **experiences** and **needs** of people who **speak Welsh** and have **aphasia**.

This will **help** to make **stroke services better** for people who speak Welsh in future.



We **need** to **know more** about how many people want speech and language **therapy in Welsh**.

We also need to know **how many** speech and language **therapists speak Welsh**.

It is also **important** to **think** about **how people** who speak Welsh and have aphasia can be **supported in their communities**.

We are **grateful** to the **people** who shared their experiences.

This project was **funded** by the **Stroke Association** and run by **Cardiff Metropolitan University**.

Notes:

A **stroke** happens **every five minutes** in the UK.

Stroke **changes lives**.

Recovery is **tough**.

But with the **right specialist support** the brain can **adapt**.

Our **specialist support, research** and **campaigning** are only possible with the support of the **stroke community**.

With more **donations** and **support** we can **rebuild** even more **lives**.

Contact us

We're here for you. Contact us for expert information and support by phone, email and online.

Stroke Support Helpline: **0303 3033 100**

From a textphone: **18001 0303 3033 100**

Email: **helpline@stroke.org.uk**

Website: **stroke.org.uk**

Rebuilding lives after stroke

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