

Stroke Group Network Conference 2023

Top tips and resources from talk two:

Understanding communication difficulties after a stroke.

Stroke and communication difficulties

- About **two thirds** of stroke survivors have **communication problems** soon after a stroke.
- Some people will have **long-term** communication problems.
- It is **different** for **everyone**.

There are **3 main types** of **communication difficulties** after stroke.

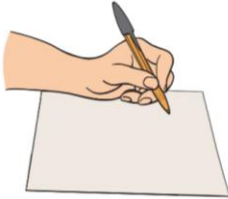
1. Aphasia

- Aphasia is when the **language areas** of your brain are **damaged**.
- About **40%** of people have aphasia **soon after a stroke**.
- It does **not** mean you are **less intelligent**.



Aphasia can cause problems with:

- Speaking.
- Understanding what people say.
- Finding the right words.
- Reading.
- Writing.
- Using numbers



2. Dysarthria

- A stroke can cause **muscle weakness** in your **mouth** and **throat**.
- This can make it **hard** to **speak, eat** or **drink**.
- Your speech can be **slurred**.
- **Half** of **all stroke survivors** experience dysarthria.

3. Apraxia of Speech

- Apraxia can make it hard to **coordinate** the **movement** of your **mouth** and **tongue**.
- When you speak, **words** can **sound wrong**.
- You might **know** a **word**, but **not** be able to **say it**.



Other things which can **affect communication**:

- Fatigue
- Concentration
- Memory
- Vision
- Hearing problems
- Anxiety

Communication tips.

Colin Lyall shared his **top tips**:

1. Do not talk too quickly. You might need to **slow down**.
2. **Do not** speak in **long sentences**.
3. There are **lots** of **ways** to **communicate**. **Try different way** to share your message.
4. **Do not pretend** to **understand**. It is ok to ask someone to repeat what they said.
5. Include people with aphasia in **activities**. Find a **hobby** that works for you.

Communication Support Pack.

The **Stroke Association** has made a **free Communication Support Pack**.



The pack includes:

- 2 **Aphasia-friendly** guides
- Communication problems after a stroke guide (**for carers**)
- Communication **card**
- **Optional** Communication Picture Book: Community

- You can only **order one** at a time (**No bulk orders**).
 - Choose between a **postal** hard copy or **download** an electronic copy.
- You can **order** from our **helpline**, a **staff member** or from our **[website](http://www.stroke.org.uk/webform/order-your-communication-support-pack)**:
www.stroke.org.uk/webform/order-your-communication-support-pack

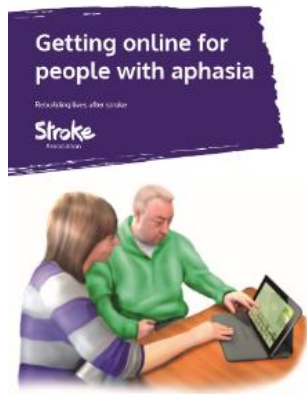
Additional resources for groups.



- Look out for the new **Communication toolkit** for groups which will be **available soon**.



- Watch the new **[aphasia videos](http://www.stroke.org.uk/effects-of-stroke/communication-problems)** on our website
www.stroke.org.uk/effects-of-stroke/communication-problems



- If you want to learn more about **how to get online**, order a free copy of [Getting online for people with aphasia](#).
- You can order on our website: www.stroke.org.uk/what-is-aphasia/communication-tools/getting-online-people-aphasia

WHEN THE WORDS AWAY WENT



- Watch our **aphasia documentary** [‘When the words away went’](#).
www.stroke.org.uk/when-the-words-away-went



- Learn more about **technology** that can help people with aphasia. [Aphasia Software Finder](https://www.aphasiasoftwarefinder.org/):
<https://www.aphasiasoftwarefinder.org/>