



Stroke Assembly

Living with Aphasia

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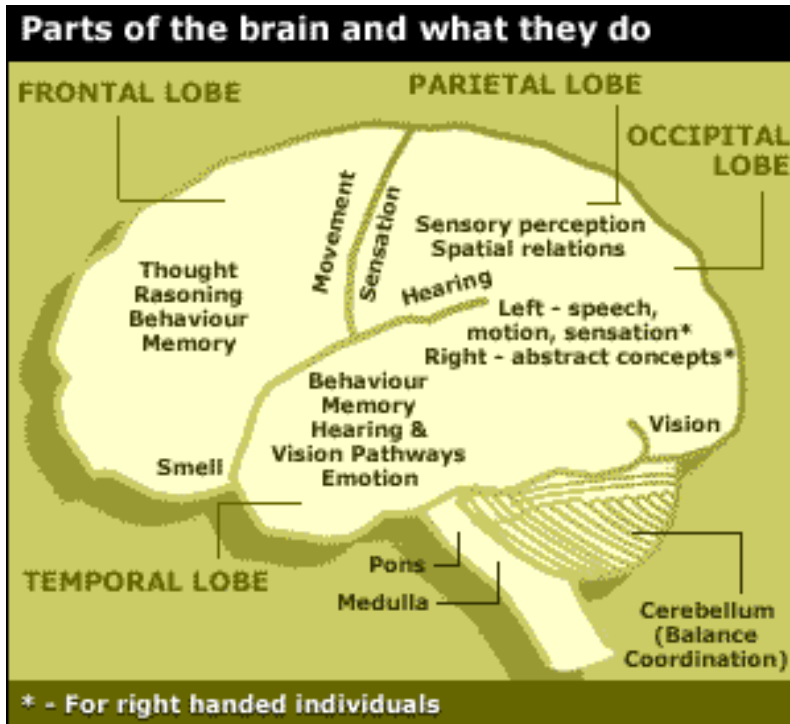
Workshop Outline

- What is Aphasia?
- What are the common effects on communication?
- Advice from a Speech and Language therapist.
- Small group discussions – what do you experience and what helps you?
- Other sources of help

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What is Aphasia?



- Language disorder (communication disability)
- Caused by damage to the language centres of the brain
- Linked to stroke, head injury, brain tumour, neurological conditions
- More than 350,000 people in the UK have Aphasia

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Aphasia:

Affects on communication and what happens.

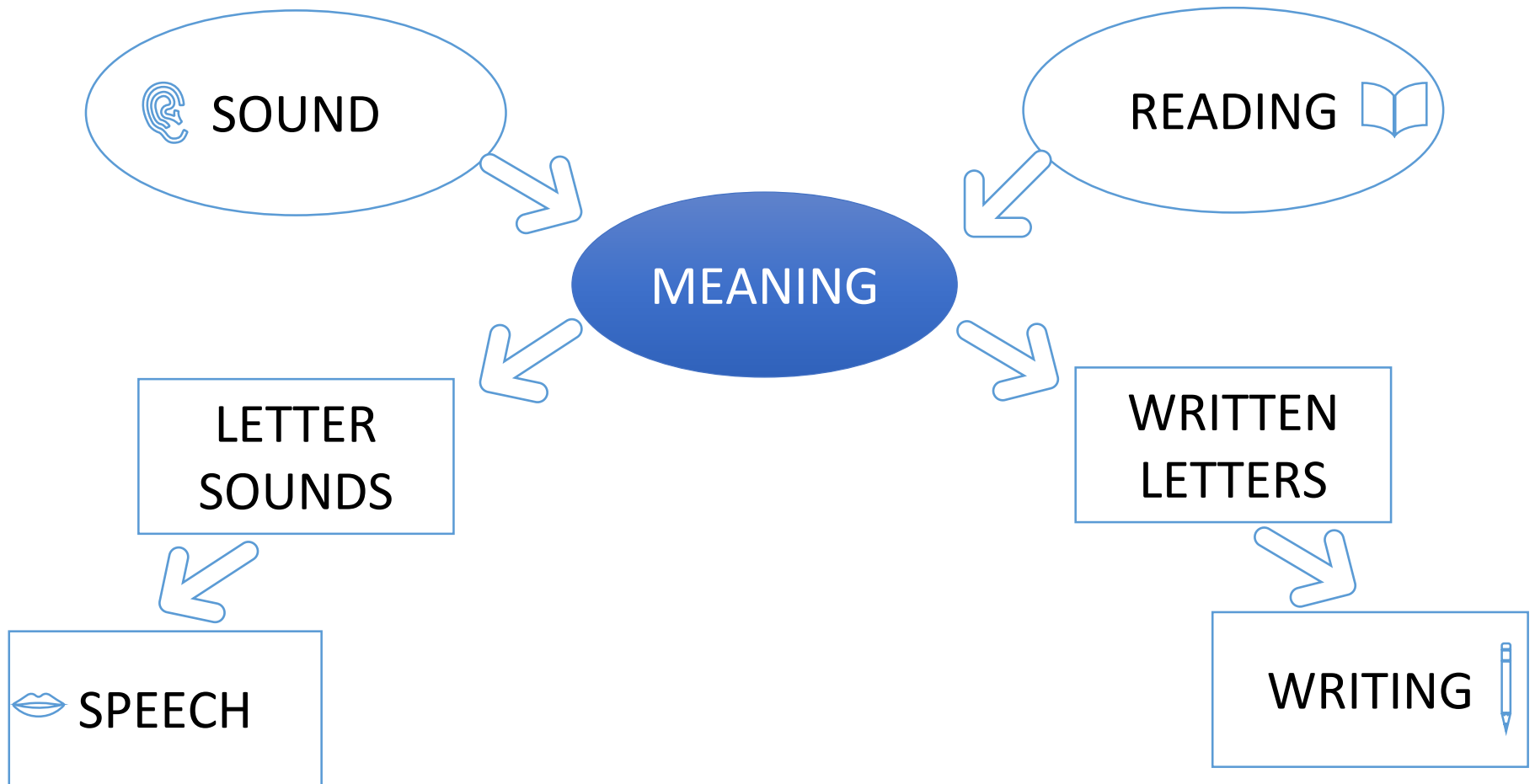


- Speech.
- Writing
- Understanding
- Reading
- Gesture
- Social Interaction
- Confidence
- But does not affect intelligence

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What happens when we communicate?



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Advice from a speech and language therapist...

1) Word finding



- The Goal is **Communication**. It isn't about the words you use
- Types of word finding problems and how to support them.
- If you get stuck.....talk around a word if you can.
- The problem with worrying.

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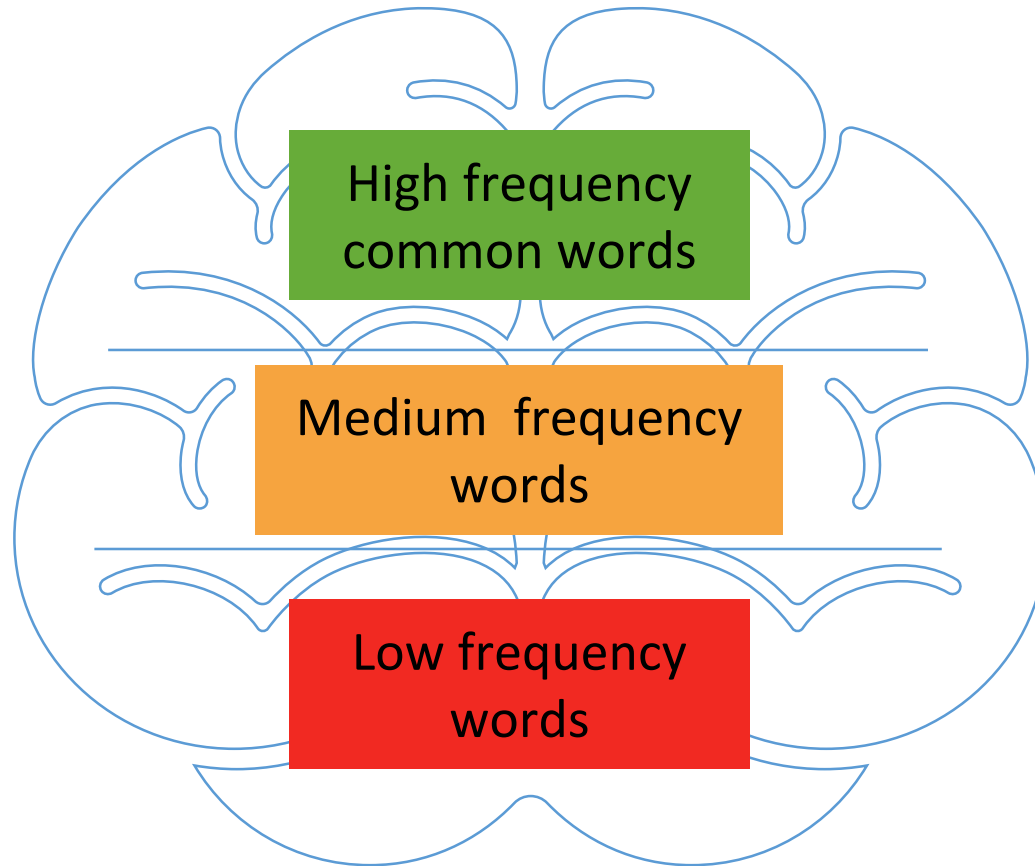
Word finding continued

- Gesture/ objects
- Finger Spelling
- Writing
- Drawing
- Self Cuing

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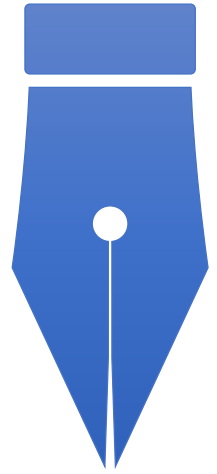
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2) All words are not equal.



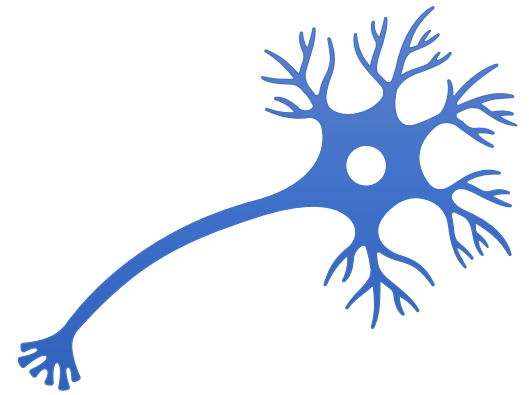
3) Writing

- Can be similar to speech difficulty.
- Common, high frequency words
- Computer keyboards and phones.
- Checking for errors.
- Support



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4) Understanding



- Patient feedback.
- Slower rate of speech.
- Use different language if you haven't been understood.
- Be holistic. Use pictures, gestures and single written words to support your speech.

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Understanding continued

- Use shorter sentences.
- One to one and eye contact.
- Reduce distractions, ambient noise.
- Focus on communication not multi tasking.
- Check someone has understood.

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5) Reading



- Can feel similar to the problems with understanding speech.
- Language used.
- Font and Print.
- Length of text.
- Functional reading.....lists, texts etc.
- Reading the newspaper.
- Reading for pleasure.

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6) Bringing it together...

- Use facial expression and gesture.
- Use Total Communication.
- Teach your friends and families how to communicate with you, what Aphasia is.
- Interacting in the community.

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Bringing it together.....

- Carry a card to explain Aphasia?
- Feeling challenged and frustrated
- Devise strategies that work best for you.
- Keep engaging.
- Meet other people with Aphasia.
- Everyone is different. .

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Small Group discussion

In the small group on your table

Talk about

- Problems you have experienced
- Coping strategies you find helpful



One person record what was said on the flipchart paper

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Group Feedback

- **Problems**
- **Solutions**

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People with Aphasia say...

- Reduce distractions
- Make eye contact
- Ask what helps
- Speak clearly
- Use short sentences
- Write key words

People with aphasia say....

- Draw, use pictures or gestures
- Allow time for a response
- Check we both understand
- Speak slowly

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Sources of Help

Stroke Association

- **Website:** stroke.org.uk
- **Helpline:** 0303 3033 100
- **mystrokeguide.org** (on-line community and information resource)

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Sources of Help

- AphasiaAlliance.org – informal group of UK organisations supporting people with Aphasia – links from Website
- Aphasiasoftwarefinder.org – information about software and Apps for people with Aphasia

Aphasia Awareness Month



“I have Aphasia. I know what I want to say. I just can’t find the words.”

Help make my conversations easier

- ✓ Reduce distractions, make eye contact
- ✓ Ask what helps
- ✓ Speak clearly, use short sentences
- ✓ Write key words, draw, use pictures or gestures to help
- ✓ Allow time for a response
- ✓ Check we both understand
- ✓ Be positive and encouraging

Support Aphasia Awareness on Twitter - #Aphasia



- June
- Help to give out campaign postcards – available from exhibition and Melanie
- Share the postcard on Facebook
- Share the postcard and follow on Twitter - #Aphasia

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Thank you

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