Professor Jane Marshall
What’s Hot in Aphasia Research?

Jane Marshall
Overview

• Current themes in Aphasia Research

• Projects at City
  • Supporting **well being**
    • SOFIA: Solution Focussed Brief Therapy
    • SUPERB: Peer Befriending
  • Using **technology** to support communication
    • CommuniCATE
    • EVA Park
Current Themes in Aphasia Research

Brain and Language

Therapy

Promoting well being
Brain and Language

Examples:

Predicting **language recovery** after stroke (PLORAS)
(Price et al, 2017)

Improving our understanding of **jargon aphasia**
(Fellowship: Dr Pilkington)
Therapy

Examples:

Using *computerised therapy* (Palmer et al 2015)

Working on *conversation skills* (e.g. Best et al, 2016)
Well Being

Examples

**Behavioural therapy** for low mood (CALM Trial)
(Thomas et al, 2013)

Using *singing* to promote well being in aphasia
(University of Exeter)
Projects at City

Supporting Well Being
SOFIA

• Adapting a psychosocial intervention for people with post-stroke aphasia

• Solution Focussed Brief Therapy
  • Talking therapy
  • Aims to improve **mood and well being** (Northcott et al, 2015)

• Adapt the therapy for people with aphasia
• Measure benefits with 32 participants
SUPERB

• Adjustment post-stroke and aphasia: supporting wellbeing through peer befriending

• Peer Befrienders
  • 1 year post stroke
  • Living successfully with aphasia
Superb

60 people with recent strokes and aphasia

Peer Befriending (up to 8 visits)

Usual Care
SUPERB

• Measure benefits of peer befriending for mood, well being and quality of life

• See if a full scale Randomised Control Trial is feasible
Projects at City

Using technology to support communication
CommuniCATE

• Enhancing **Communication in Aphasia** through **Technology** and **Education**

• 90 people with aphasia
  • Receive 12 sessions of therapy
  • Work on reading, writing or conversation
  • Assess benefits for communication, social participation and quality of life
Example: Writing

Use mainstream technology such as voice recognition software

Train the person to use the software

Practise writing tasks with the software

Encourage new uses of writing, such as email
Writing samples produced by ‘Paul’

Before therapy:

"Last night there was an early nap."

After therapy:

"Good day to you, it was a long week. They are a lot of things happening with the United Kingdom. The refugees crisis over our borders. The government should do something about that."

Sent from my iPad

CommuniCATE
EVA Park

• A virtual island for people with aphasia
• Created using co-design with stroke survivors
EVA Park

• Contains
  • Houses
  • A Cafe
  • A Tropical Bar
  • A Health Centre
  • A Hair Dressers
  • A Disco
  • Green spaces
  • Water features
EVA Park: Study 1 (Marshall et al, 2016)

- 20 people with aphasia
  - 5 weeks therapy in EVA Park
  - Daily sessions with support workers
  - Worked on conversation and communication goals

Significant gains on a measure of communication
Study 2: Taking EVA Park into Service

• 1 year project (2016-2017) to:

  • Improve Eva Park software
  
  • Run single case therapy experiments in Eva Park
Delivering group support for people with aphasia through Eva Park

• 2 year project to investigate:
  • Can we do it?
  • Do service users/providers like it?
  • Does group support improve wellbeing and communication
  • What does it cost?
Conclusions

• Projects at City are:
  
  • Exploring cost effective methods for improving well being in aphasia
  
  • Making novel uses of familiar technology to enhance communication
  
  • Developing new technologies to deliver communication practice, therapy and social support
  
  • Involving people with aphasia in key therapy decisions
Conclusions

• Almost all the research covered in this talk was funded by the Stroke Association

• This research is **Changing the Story** for people with aphasia
References


Change the Story

Every year thousands of stroke survivors like John are left struggling to communicate.

Donate now to fund stroke research and change the story for stroke survivors: stroke.org.uk/change or text CHANGE to 70300 to donate £3.

You will be charged £3 plus one message at your standard network rate. Stroke Association will receive 100% of your donation.

Together we can conquer stroke