

Aphasia Education

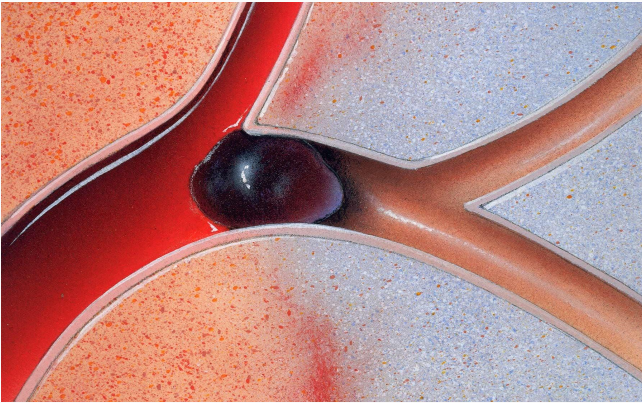
What is aphasia?

Aphasia is a language disorder that may impair the ability to communicate. Aphasia can impact listening understanding, reading understanding, talking, and/or writing.

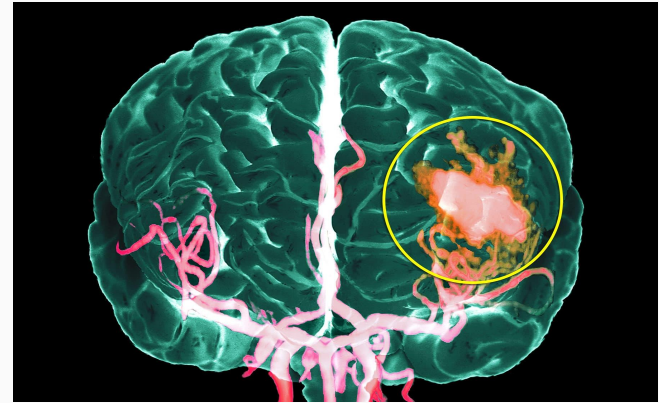
Aphasia is not a problem of intelligence

What happens in the brain to cause aphasia?

- A stroke happens when there is **blockage or rupture of a blood vessel** in the brain



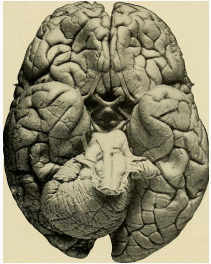
Blockage or “**ischemic**” stroke



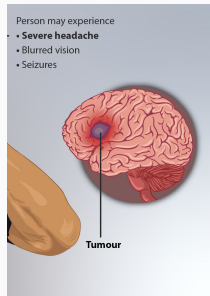
Rupture blood vessel or “**hemorrhagic stroke**”

- Stroke in the **left side of the brain** causes aphasia
- Damage occurs in the areas of the brain that produce and process language

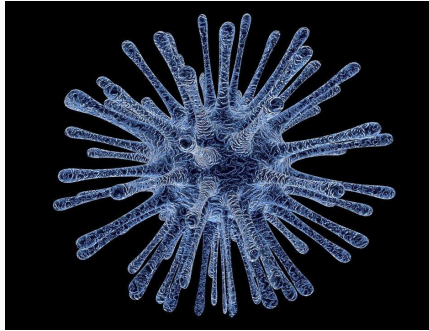
What else can cause aphasia?



Neurologic conditions



Brain tumors

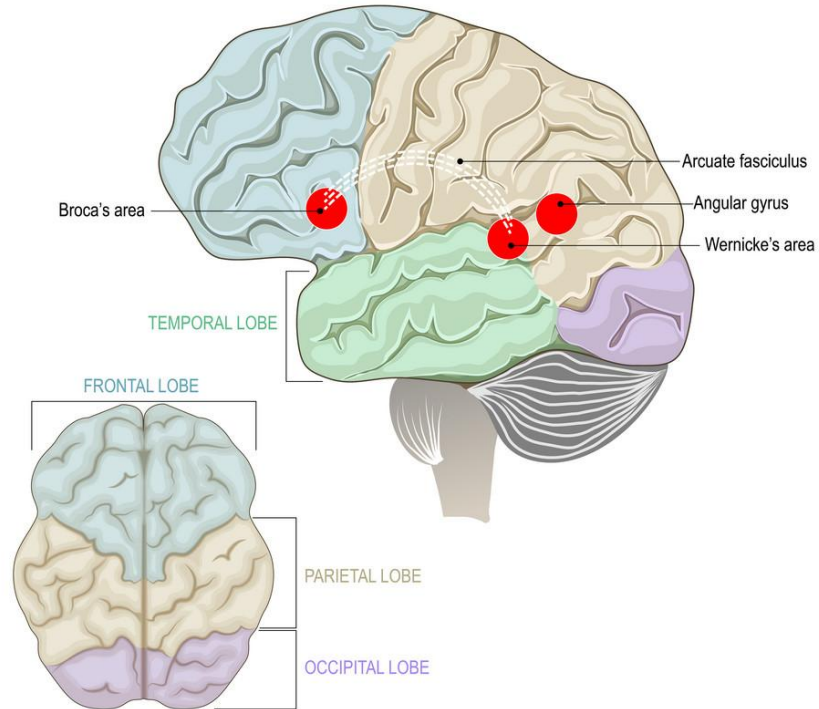


Infections



Head injuries

Aphasia



Aphasia is a language problem



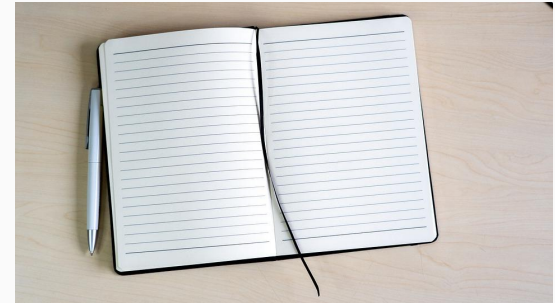
Talking



Reading



Listening



Writing

Aphasia is not a
problem of
intelligence

What else might you notice after a stroke?

- Difficulty seeing objects on the right-side
- Feeling **tired**
- Feeling more **emotional**
- Harder to pay **attention**
- Depression
- Doing the same thing over and over
- Speech sounds are not as clear
- **Weakness on right-side** of your body
- **Swallowing difficulty**
- Dysarthria may make your **speech sound slurred**, slow or effortful due to muscle weakness of lips and tongue
- Apraxia of speech is an **difficulty sequencing speech movements**

What are the types of aphasia?

Global Aphasia: affects all areas of language

Broca's aphasia

- Speech is effortful with some pauses; trouble forming full sentences
- Be limited in writing
- Read okay
- Use the wrong word sometimes

Wernicke's aphasia

- Say many words that don't make sense
- Use the wrong word (may be a real word or made up word)
- Speak sentences but the words you put together might not make sense

Anomic aphasia

- Difficulty with word finding for specific words (in speech and writing)

Aphasia Facts

- Aphasia affects an estimated 2 million people in the United States and is most commonly caused by strokes.
- There is also a condition known as Primary Progressive Aphasia, which progressively worsens over time.
- 25% of people with aphasia are younger than 65 years old
- Only 40% of people in the US have heard of aphasia

How can you help someone communicate?



Gestures



Writing



Drawing

Tips for Speaking with People with Aphasia

APHASIA is a language disorder that makes it challenging to speak, understand, read, and/or write. People with aphasia can still communicate, especially if they have a little help. Here are some things you can do to make communication easier:

- 1 Speak slowly & use simple sentences
- 2 Stay on one topic at a time
- 3 Speak to the person with aphasia, not about them
- 4 Maintain a normal loudness during conversation
- 5 Don't talk down or use baby talk
- 6 Be patient, allowing extra time for a response
- 7 Do not finish sentences or interrupt
- 8 Ask the person if they want help filling in a word
- 9 Do not pretend you understand if you don't
- 10 Eliminate distractions in the environment
- 11 Talk 1-on-1, it is more difficult to talk in groups
- 12 Be respectful - aphasia affects speech, not intellect

What do people with aphasia want?

- Return to pre-stroke life and activities
- Driving
- Coping strategies/living successfully
- Make and maintain friendships
- Order at a restaurant
- Participate in a conversation
- Participate in family decisions

Aphasia Resources

- Minnesota Connect Aphasia Now: www.mncan.org
- National Aphasia Association: www.aphasia.org
- Aphasia Frequently Asked Questions (National Aphasia Association): <https://aphasia.org/what-is-aphasia/>
- Resources for People for Aphasia: <https://mncan.org/for-people-with-aphasia/>
- Resources for Care Partners: <https://mncan.org/for-care-partners/>
- Aphasia Recovery Connection: <https://aphasiarecoveryconnection.org/>

American Stroke Association:

<https://www.stroke.org/en/about-stroke/effects-of-stroke/cognitive-and-communication-effects-of-stroke/stroke-and-aphasia>

Types of Aphasia:

<https://www.stroke.org/en/about-stroke/effects-of-stroke/cognitive-and-communication-effects-of-stroke/types-of-aphasia>

Tips for Socializing with Aphasia:

<https://www.stroke.org/en/about-stroke/effects-of-stroke/cognitive-and-communication-effects-of-stroke/tips-for-socializing-with-aphasia>



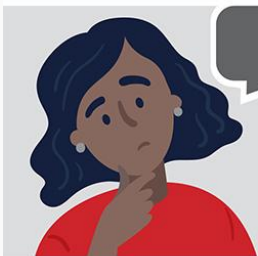
American Stroke Association.
A division of the American Heart Association.

Aphasia

communicating through the barriers

What is aphasia?

Aphasia is a language disorder that impairs the ability to communicate. It's most often caused by stroke-related injuries to areas of the brain that control speech and language.



I have aphasia.



Take your time
It may take a while to get the words out.



Let people know what works best for you
Do you want a question asked in multiple ways? Let them know.



Use assistive devices
Bring photos, diagrams, pen and paper or other helpful tools.



Frustration is OK
Don't blame yourself if you get stuck or stumble over your words. Be patient with yourself as you learn what works.

What to do if you get stuck:

1. Admit you're struggling.
2. Recap what you've discussed so far.
3. Decide whether to carry on or come back to the subject later.



National Aphasia Association

The American Stroke Association and the National Aphasia Association
- collaborating to help stroke survivors beat aphasia.

I need to communicate with someone who has aphasia.



Keep it simple
Speak in short, simple sentences.



Be patient
Allow plenty of time for a response. Talk with the person who has aphasia, not for him or her.



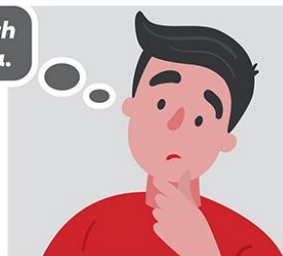
Remove distractions
Turn off radios and TVs.



Be creative
Try writing, gesturing, drawing pictures or using devices such as smartphones and tablets.



Confirm
Repeat back what you think the person said or meant.



Facts about people with aphasia:

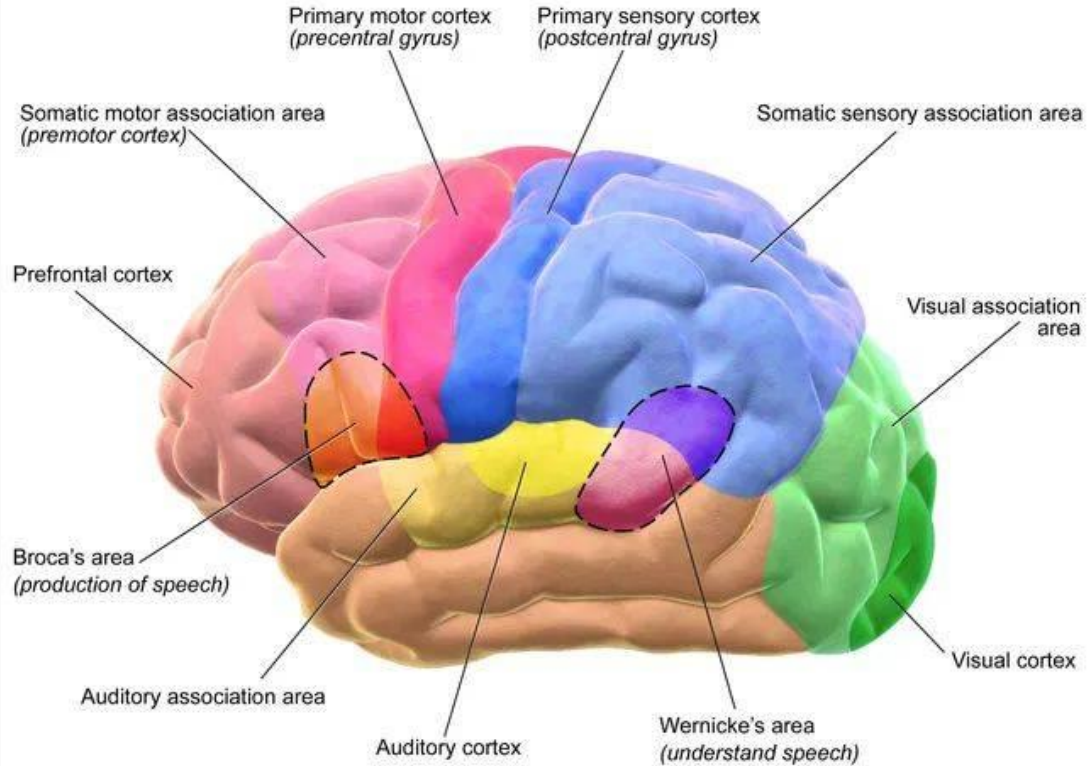
1. They communicate differently but are as smart as they were before they developed aphasia.
2. Their hearing is usually fine, so speaking loudly does not help.
3. Their condition just means you'll have to communicate differently with them.

Learn more at [stroke.org/Aphasia](https://www.stroke.org/Aphasia)

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<https://www.stroke.org/en/about-stroke/effects-of-stroke/cognitive-and-communication-effects-of-stroke/stroke-and-aphasia/aphasia-communicating-through-barriers>

Motor and Sensory Regions of the Cerebral Cortex



APHASIA

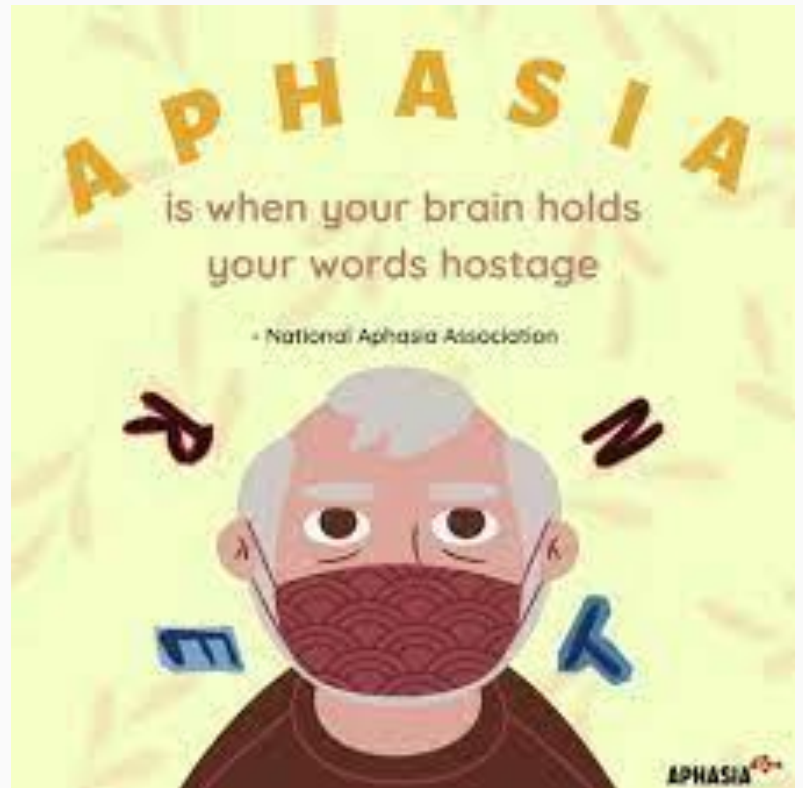
Aphasia is invisible.
But very real.



It can affect speaking.
Reading. Writing.
Processing language.

It also affects relationships.
Dining out.
Texting a message.
Filling out forms.
Ordering a cup of coffee.

APHASIA RECOVERY CONNECTION
WWW.APHASIARECOVERYCONNECTION.ORG



I have Aphasia

Aphasia affects my ability to SPEAK and can also affect reading, writing and understanding. My *intellect is not affected* -- only language!

Please take time to communicate with me:

- **Speak SLOWLY & Clearly**
- **Use SHORT sentences**
- **Give me TIME to respond**
- **Ask YES/NO questions**
- **Shouting doesn't help**
- **Keep it SIMPLE**

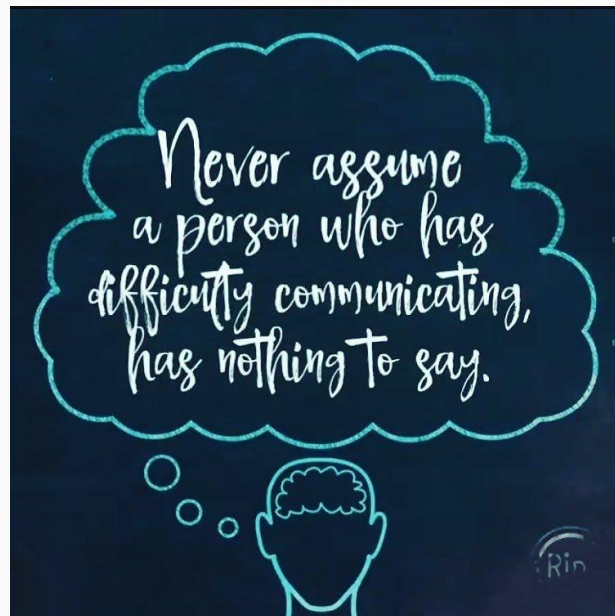
Thank you for your patience & understanding!



"I am a smart person...
lurking behind my aphasia."

- A person with aphasia

APHASIA



Aphasia

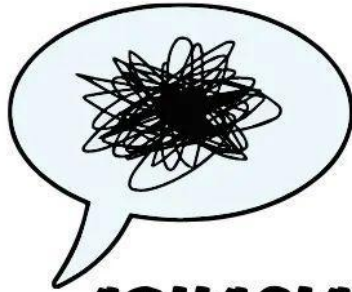
Affects language.

Not intellect.

Please
be
patient.



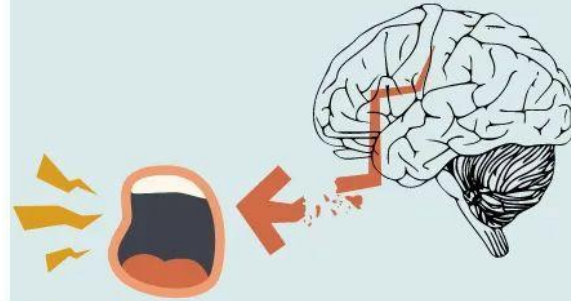
WWW.APHASIARECOVERYCONNECTION.ORG



APHASIA

Language impairment that may affect reading, writing, speaking, listening, etc.

VS



APRAXIA OF SPEECH

Incoordination involving muscles needed for speech, even though there is no weakness or paralysis in those muscles

Aphasia & Apraxia of Speech can both occur after a stroke and they can appear together or each separately



www.aphasiacenter.org