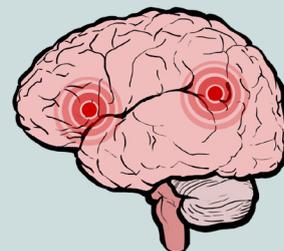


APHASIA

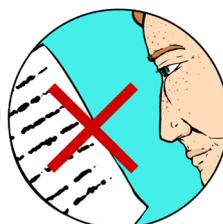
A **stroke** can **damage** the parts of your **brain** which handle **language**.

Damage to **communication** is called **aphasia**.



Aphasia can make it difficult to:

- **speak**
- **understand**
- **read**
- **write**



Aphasia can make words **difficult** to **understand** or **say**.

Words may be **jumbled**.

Finding words may be **difficult**.



You may **not be understood** or **heard clearly** the first time.

This may make you feel **frustrated**.

When you are **tired** this can become worse.



Conversation is the best practice.

Try to practice family and friends' **names** and **common words**.

If you cannot find a word, **describe** the thing or person you mean.

Even if it is difficult, **keep trying!**

There are ways to **help** you **communicate**.

A **speech and language therapist** can help.

You can **ask friends** and **family** for support.

You can attend a **communication support group**.



Background **noise** can be very **distracting**.

It can make **communication more difficult**.

Remember to **turn off**:

▷ **music** and **TVs**

▷ **telephones** and **mobiles**



Avoid lots of **people talking at once**.

There are **other items** to help you communicate:

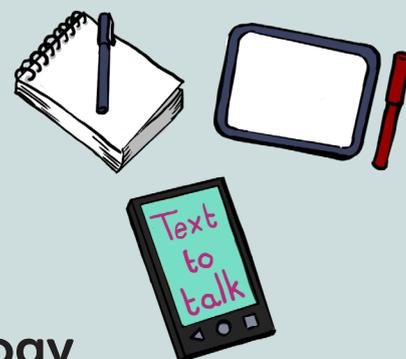
▷ **Aphasia card** to tell people about difficulties

▷ **Alphabet board** and **number board**

▷ **Key word cards** for important things

▷ **Communication book** about you

▷ **Text to Speech** apps or other **technology**



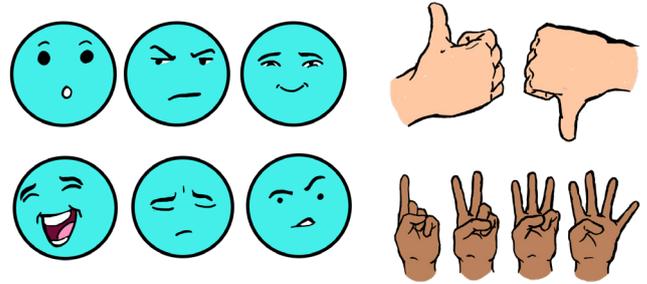
Ask a **speech and language therapist** or contact **CHSS**.

Ways to help with communication

Things you can do to help yourself:

Speak **slowly** to help say words **clearly**

Use **face** and **hand gestures**



Point to items or people

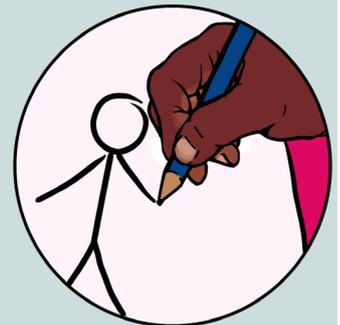


Observe other people's **body language**



Write first letters of words or **full words** if you can

Draw simple pictures or use **emojis** in text.



Be prepared to **repeat yourself**

Let people know if you are struggling.
You can show them a card or this factsheet.



It may help to **write down what you need**
people to know, or have someone write it down for you.

Things other people can do to help you:

- ▷ **Speak slowly**
- ▷ **Use simple sentences**
- ▷ **Confirm the topic** of the conversation
- ▷ **Use images or things** to support conversation
- ▷ **Use face and hand gestures** and **body language**
- ▷ **Write or draw** to clarify what you are saying
- ▷ **Ask:** 'Do you mean ...?'
- ▷ **Repeat** what you said to confirm understanding
- ▷ **Give you time** to speak
- ▷ **Stay positive** to boost your confidence

To find out more go to:

www.chss.org.uk

Contact the CHSS Advice Line at:

0808 801 0899

adviceline@chss.org.uk

or text **NURSE** to **66777**



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For feedback on this factsheet please email: publications@chss.org.uk