



aphasia

APHASIA FRAMEWORK

2025-28

This framework was designed with the lived experience of people with aphasia.

NO LIFE HALF LIVED

Chest
Heart &
Stroke
Scotland





*"Being part of this
has made such a
difference to me"*

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Chest Heart & Stroke Scotland Aphasia Framework 2025-2028

Facing Challenges Together

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We will:

REACH MORE PEOPLE

ENGAGE WITH PARTNERS

SUPPORT PEOPLE TO LIVE WELL

This is a supporting framework to the CHSS No Life Half Lived Strategy 23/28

"Everyone develops the ability to **live well** and with **confidence**"

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What is Aphasia?

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Aphasia is a **language and speech** disorder

It happens when the **language centres of the brain** are damaged.
The damage can be from a stroke or other head injury.

People with aphasia can have **difficulty** with some, or all, forms of **communication**:

- Reading
- Listening
- Speaking
- Writing / Texting

Aphasia can affect using and understanding numbers.

Aphasia **doesn't affect intelligence**.

People with aphasia may also have problems with **thinking, memory and planning**.

Aphasia is **different for everyone**.





Who is the Aphasia Framework For?

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This framework is for people with **post-stroke aphasia** and **communication difficulties***

Around
11,000
people in Scotland
have a stroke each year



Around
3,600
affected by
aphasia

Around
140,000
people in Scotland **live**
with the impact of a stroke

Over
40,000
are likely to be
affected by
aphasia

Around
1 in 3
 stroke survivors
have aphasia



**Post-stroke communication difficulties may include conditions such as apraxia and dysarthria. For readability in this document we use "aphasia" to denote post-stroke aphasia, dysphasia and communication difficulties.*

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Aphasia Happens Suddenly

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When stroke happens, **the effects are immediate**.

Aphasia can be life-changing. Getting **support** at the right time is **essential**.

“ I am **not able to**
write anymore.

“ It **restricts me** in a lot of ways. I don't
know what help is available to know
what to ask for.

“ I now **stutter and stammer** over words and
forget what I was saying mid-sentence,
although **I know what I want to say**. It makes
me **feel stupid and despondent**.





What People with Aphasia Told Us

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This framework is based on the views of people with aphasia.

In 2024 we asked:

"What do **people with aphasia think** about their **lives**?

"What do **people with aphasia think** about the **support** they receive?"

250 people with aphasia responded.



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People with Aphasia Said:

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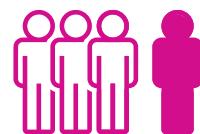
They **felt lonely**
– nearly half (**48%**)



Their **self-confidence**
was affected
– more than two thirds (**68%**)



They had **difficulty accessing services**
– two thirds (**67%**)



They worried about
losing independence
– one third (**36%**)



Their **mental health**
was affected
– more than half (**52%**)



Communication was one of
their **biggest concerns**
– almost three quarters (**72%**)



Aim 1

Recovery and Wellbeing

Managing your recovery with stroke and aphasia is a challenge.

- **Community and connection** are central to our wellbeing.
- **Aphasia** can make it **difficult to stay connected**, and makes people feel **lonely**.
- **Aphasia** impacts **self-confidence** and **mental health**.
- **Aphasia** is different for everyone. **Recovery support must be tailored** so it is **accessible** and **meaningful**.



We will **provide support** for people with aphasia to **stay connected**, to **self-manage their condition**, and to **live well with aphasia**

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Aim 2

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Accessible Information

Getting the information you need is a challenge with aphasia.

- **Accessible information** about your condition and available support is **important for recovery**.
- Aphasia affects families and communities. We want to make sure that **everyone** has the **right information and support**.

We will ensure that **people with aphasia** and their **supporters** get the **right information**, at the **right time**





Aim 3

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Supporting Communication

People with aphasia said communication was one of their biggest concerns.

- People with aphasia said it affected their **ability to communicate** with others
 - more than two thirds (**69%**)
- Many people with aphasia want to **build skills** and **confidence** in **speech** and **communication**.

We will support **people with aphasia** to feel more **confident with communication**, supporting **self-management** of their condition



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Aim 4

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Awareness of aphasia

Many people don't know what "aphasia" is.

- People with **aphasia** said they had been **treated negatively** because of aphasia.
- **Stigma** made people **less likely** to seek **help**.
- **Stigma** made people **feel overlooked** or **unsupported**.



We will campaign and **raise awareness of aphasia**, and of the **needs and rights** of people with aphasia



Heddy's Story

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Heddy lives in Stirling. She had a heart attack and stroke in 2023. The stroke led to aphasia. **"I hadn't heard of aphasia before"**

Heddy joined ***Living Well with Aphasia***, a 12-week course run by CHSS in partnership with NHS Forth Valley.

"I didn't know what to expect when I joined the course. It turned out to be an **incredible experience**. The support from others who truly understood **made all the difference**."

"I may not be exactly the same Heddy as before. But I've discovered a new way forward. **Life has changed**, and I've had to **adjust**.

Thanks to CHSS and the people I've met, I have **support**, **connection**, and **hope for the future**."



*Includes quotations from Aphasia Cornerstone report 2024.
Some may have been written by a supporter on behalf of someone with aphasia.*

Definitions adapted from www.nhs.uk/conditions/aphasia

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For Information and Support

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www.chss.org.uk/living-well/communication-difficulties/

Advice Line

0808 801 0899

or email adviceline@chss.org.uk

or text **NURSE to 66777** (standard rates apply)

Find more Aphasia resources here:

www.chss.org.uk/resources-hub





"It was really helpful to share my experience with others, and hear from others like me."

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