



# 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?

## 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?

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  
**1 in 3**



stroke survivors  
have aphasia

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

Over  
**40,000**  
are likely to be  
affected by  
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

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:



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

### 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

### 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

### 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

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](http://www.nhs.uk/conditions/aphasia)*

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## For Information and Support

[www.chss.org.uk/living-well/communication-difficulties/](http://www.chss.org.uk/living-well/communication-difficulties/)

Advice Line

**0808 801 0899**

or email [advice@chss.org.uk](mailto:advice@chss.org.uk)

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

Find more Aphasia resources here:

[www.chss.org.uk/resources-hub](http://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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Chest Heart & Stroke Scotland

Tel: 0131 225 6963

[www.chss.org.uk](http://www.chss.org.uk)



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