

Chest
Heart &
Stroke
Scotland



Aphasia



Aphasia-friendly guide

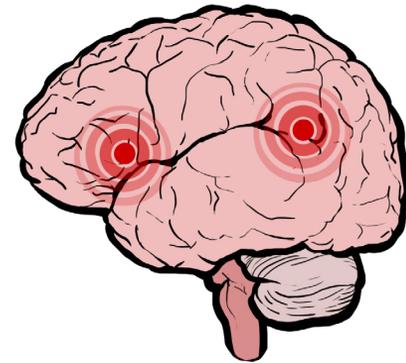
This booklet is about **aphasia** and **communication**.

This booklet is about **what aphasia means**.

This booklet is also about **ways to manage aphasia**.

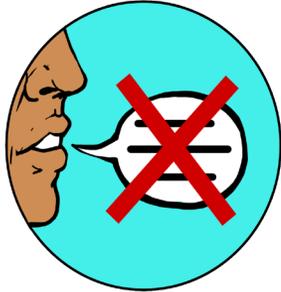
A **stroke** can **damage** the parts of your **brain** which handle **language**.

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



Aphasia often **gets better** with time.

Aphasia can make it hard to **speak** or **understand conversation**.

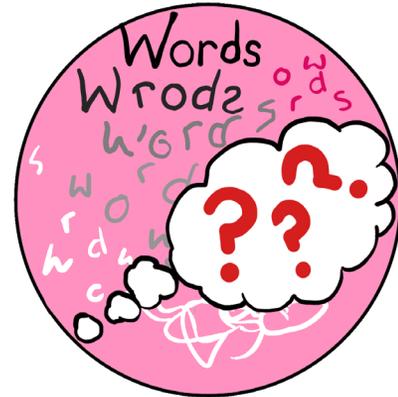
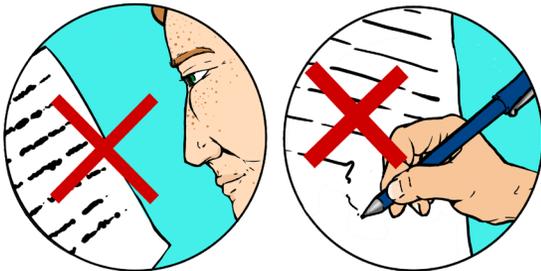


Aphasia can make words **difficult** to **understand** or **say**.

Finding words may be **difficult**.

Words may be **jumbled**.

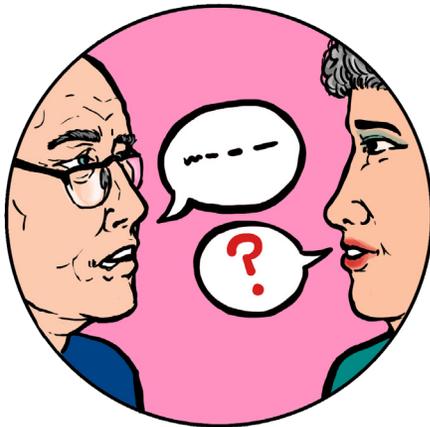
Aphasia can also make it hard to **read** or **write**.



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

This may make you feel **frustrated**.

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



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**.



Even if it is difficult, try to keep practicing your communication.

It may get easier over time.

1. Speak

- Practice common sounds and syllables.
- Practice words you want to say often, such as the names of family and friends.
- If you cannot find a word, try to describe the idea or thing in other ways.

2. Read

- Start with a short easy-read book or newspaper.
- Read the headlines or look at the pictures first.
- Read about subjects you are interested in.

3. Write

- Write first letters of words or full words if you can.
- Draw simple pictures.
- Practice letters, words, and then sentences.
- You may want someone else to check your work.

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

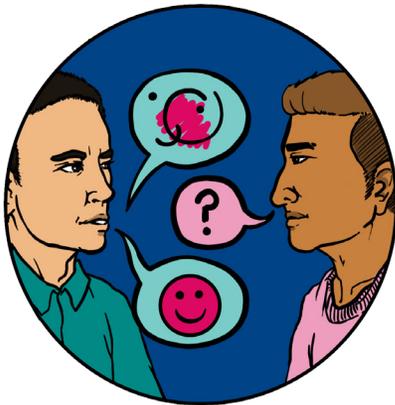
- **Aphasia card** to tell people about difficulties
- **Alphabet board and number board**
- **Key word cards** for important things
- **Communication book** about you
- **Text to Speech** apps or other **technology**

Ask a **speech and language therapist** or contact **CHSS** for more information about communication aids.



Ways to help communication

The next few pages will tell you some things **you** can do to **help your communication**.

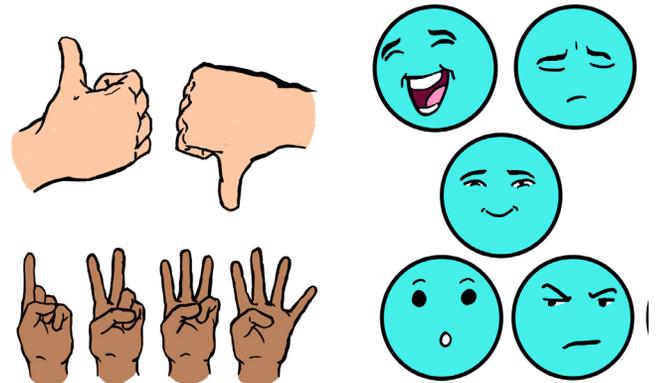


To help you get your message across:

Take your **time**. Speak **slowly**.

Repeat yourself if needed.

Use **facial expressions** and **hand gestures**. Use **emojis** in texts.

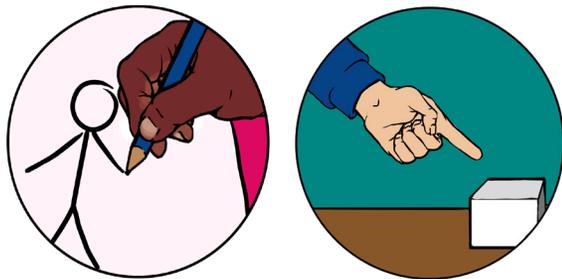


Draw simple pictures to explain your thoughts.

Write full words if you can. If you cannot, write the **first letters** of the word.

Point to item, places, or people.

Try to **describe things** if you cannot remember the word.



To help you understand:

Look for **images** next to writing.

Observe other people's **body language** and **facial expressions**.



Background **noise** can make **talking harder**.

Remove background **noise** if you want to **talk**.



Turn off music.



Turn off radios.



Turn off or **mute** TVs.



Turn off telephones and mobiles, or set them to silent.



Avoid **lots of people talking at once**

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

Things other people can do to help you:

- » **Speak slowly**
- » **Use simple sentences**
- » **Confirm topics** of conversation
- » **Use images or writing** to support conversation
- » **Use face and hand gestures** and **body language**
- » **Ask:** 'Do you mean ...?'
- » **Repeat** what you said to confirm understanding
- » **Give you time** to speak
- » **Stay positive** to boost your confidence

You may be able to get help and support from:

- » Friends
- » Family
- » Your doctor or health team
- » A speech and language therapist (SLT)
- » A communication support group
- » Chest Heart and Stroke Scotland
chss.org.uk



To find more resources, go to
**[www.chss.org.uk/
resources-hub](http://www.chss.org.uk/resources-hub)**

Our booklets are free in Scotland.

Support our work by going to
**[www.chss.org.uk/
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Our Advice Line practitioners can
offer advice and support.

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