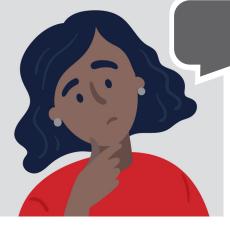




# What is aphasia?

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.



## 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.



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# Let people know what works best for you

aet the words out.

I have aphasia.

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.

# 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.



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

Learn more at stroke.org/Aphasia

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