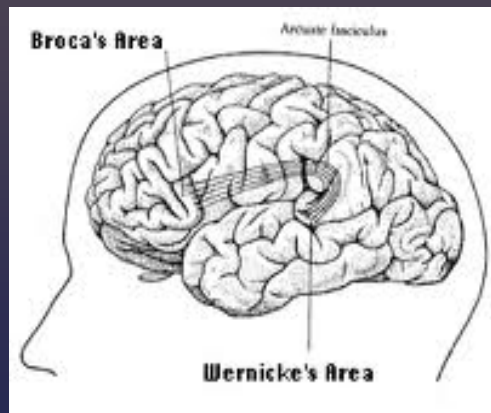


# Aphasia

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## What is aphasia?

- Communication impairment that affects the production or understanding of language and the ability to read or write
- Caused by damage to areas in the brain that control language
- Most common cause is a stroke but can be head trauma, brain tumors, or infections
- Can be mild or very severe



## What aphasia is NOT...

- It is NOT an impairment of speech
- It is NOT an impairment of intelligence
- It is NOT a change to the personality



{ Speech



- How our mouth and muscles physically form words and sounds

{ Language

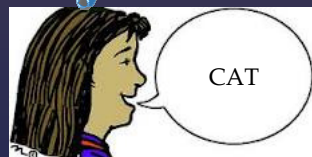


- How our brain thinks of words and puts them together

## Speech vs Language

## What does aphasia look like?

- Comprehension- difficulty understanding what others are saying
- **Anomia**- having a hard time thinking of the name of people, objects or actions



- **Substitutions**- saying one word or sound when you mean another

## What does aphasia look like? continued

- **Reading**-having a hard time recognizing words, letters, and sentences
- **Writing**-unable to write or type thoughts



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# Tips for living with aphasia

- Studies have researched what it is that allows some people to thrive with aphasia and others to be less successful
- One study revealed SIX themes that allowed for people to live well with aphasia



## 1. Accept your new reality

- It may take time
- Embrace your new reality
- You will find ways to live that are rewarding



## 2. Take Charge of your Life

- Maintain independence
  - Shopping
  - Chores
  - Public transportation
  - Finances
  - Make your own choices



## 3. Learn communication skills.

- Communicate your wants and needs
- Participate in speech-language



## 4. Build strong relationships.

- Aphasia changes social relationships
- Connect with others
- Do things that don't depend on words & language



## 5. Get involved in activities.

- Pursue interests
- New hobbies or old hobbies
- Volunteer or take classes
- Find a routine that suits your needs



## 6. Develop a sense of purpose.

- Close relationships
- Help others
- You have an experience worth sharing



## Video



Any questions?

## Resources

- The National Aphasia Association

[http://www.aphasia.org/Aphasia%20Facts/aphasia\\_facts.html](http://www.aphasia.org/Aphasia%20Facts/aphasia_facts.html)

- Better Medicine from HEALTHGRADES

<http://health-tools.health.msn.com/speech-recovery-and-development-center/6-ways-to-live-successfully-with-aphasia>

- Adler Aphasia Center

[www.AdlerAphasiaCenter.org](http://www.AdlerAphasiaCenter.org)