


Young Adult Stroke Survivors

A silhouette of a person climbing a mountain peak, symbolizing survival and overcoming challenges.

June 2018

SUBTITLE



Aphasia Awareness Month

aphasia
COMMUNICATING
THROUGH THE BARRIERS.

What is Aphasia?

Aphasia is a language disorder that affects the ability to communicate. It's most often caused by injury to parts of the brain that control speech and language resulting from a stroke.

[Http://strokecast.com/AphasiaAwareness](http://strokecast.com/AphasiaAwareness)

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 him/her not for him/her.



Remove Distractions
Turn off radios and TVs.



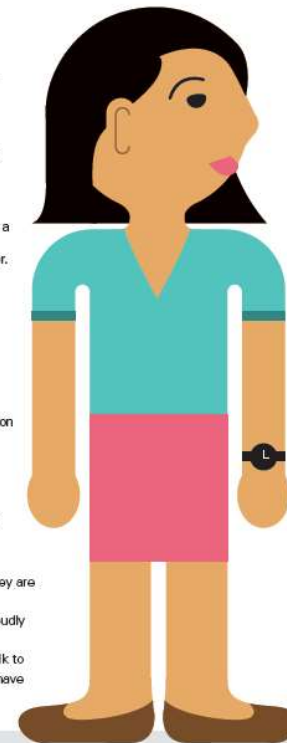
Be Creative
Try writing, gesturing, pictures and communication tools like an iPad.



Confirm
Repeat back what you think he/she is saying.

People With Aphasia

1. Communicate differently, but they are as smart as they were before.
2. Their hearing is fine; speaking loudly does not help.
3. Aphasia is not contagious! To talk to people with aphasia, you'll just have to communicate differently.



I have aphasia.



Take Your Time
Remember it may take a while to get the words out.



Let People Know What Works Best For You
Do you want a question asked in multiple ways? Let them know.



Use Assistive Devices
Bring photos, diagrams, pen and paper, etc.



Getting Frustrated Is Okay
Don't blame yourself if you get stuck or stumble on your words. Be patient with yourself as you find what works.

If You Get Stuck, You Can

1. Admit you're struggling.
2. Recap what you have discussed so far.
3. Decide whether to carry on or come back to it later.

American Heart Association | American Stroke Association
Together to End Stroke™

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National Aphasia Association

Learn more at StrokeAssociation.org/aphasia and Aphasia.org

Agenda

- **1:00 Start**
 - Subtitles
 - Welcome and Logistics
 - New Members
- **1:15 Guest Speakers**
 - Dr. Esther Rawner
 - Jessie Zimmerman
 - “Aging and the Brain”
- **2:00 10-Minute Break**
- **2:10 Q&A with Speakers**
- **2:30 News, Birthdays, Milestones, and Discussion**
- **2:55 Closing Remarks**

Footloose Sailing Previous YASS Guests



- **YASS Day:**
 - **August 25, 2018**
- **Regular sailing day**
- **Learn more at:**
footloosedisabledsailing.org
- **Let me know if interested**

Do you have a project or hobby to share?

- Written a book?
- Started a hobby?
- Opened an Etsy shop?
- Let us know
 - Tell us here
 - Tell me later
 - Interested in speaking at a meeting?
 - Email me at Bill@strokecast.com
- Share in the minutes and announcements
- Share in Facebook group
- Share on website
- Don't want any promotion?
That's cool, too

Online Resources

- Seattle YASS Website
 - <http://seattleyass.weebly.com>
- Facebook Group
 - <http://strokecast.com/YASSFacebook>
- Seattle-Area Events
 - <http://strokecast.com/calendar>
- Stroke Smart Magazine
 - <http://strokecast.com/magazine>
- AHA Support Group Finder
 - <http://strokecast.com/findsupport>
- Bill's Podcast
 - <Http://strokecast.com>
- Bill's email
 - Bill@strokecast.com