

Aphasia Handbook



A book for people with aphasia, their families, carers and friends



“

If I was talking to someone with aphasia I would say 'You hang in there'. I couldn't talk about things. I can talk about things now.

”

“

I've watched her struggle to write simple words and now she breezes through them. It's so amazing to watch.

”



“

My advice. Try. Try. Wait and see, and yes. Amazing.

”



About Stroke Foundation

Stroke Foundation works with the community to:

- › prevent stroke
- › save lives
- › enhance recovery

To do this, we:

- › raise awareness
- › support research
- › support survivors of stroke, their families and carers.

Visit strokefoundation.org.au

Call **1800 787 653**

About the Australian Aphasia Association

The Australian Aphasia Association is a national, volunteer-run, not-for-profit organisation. It represents:

- › people with aphasia
- › their families
- › people who work with them.

The Australian Aphasia Association:

- › gives information to people with aphasia and their families
- › advocates for people with aphasia and their families
- › raises awareness of aphasia
- › supports research.

The Australian Aphasia Association also helps people with aphasia:

- › be involved in their communities
- › stay connected to what is important to them.

People can meet, share experiences, and practise their conversations in:

- › face-to-face groups
- › online groups
- › conferences.

The Australian Aphasia Association is sometimes called AAA for short.

Visit aphasia.org.au

Thank you

Stroke Foundation and the Australian Aphasia Association (AAA) wrote the Aphasia Handbook.

Thank you to everyone who helped us write this book. Special thanks to people who shared their stories.

Thank you to our supporters for their generous contributions. Their support made this book possible. The Aphasia Handbook was funded by the Australian Government Department of Social Services.

Acknowledgement

Stroke Foundation and the Australian Aphasia Association respectfully acknowledge the Traditional Owners and Custodians of Country throughout Australia.

We acknowledge their continuing connection to land, water, sky and community.

We pay our respect to the peoples, cultures, and Elders past and present for they hold the memories, culture and hope of their peoples.

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Contents

What you need to know	4
About the Aphasia Handbook.....	5
StrokeLine.....	5
1. About aphasia.....	6
What is aphasia?	6
How can aphasia affect me?	7
Types of aphasia.....	10
2. Assessment and therapy.....	11
Aphasia therapy record	14
3. Tips and tools	16
Communication tips for people with aphasia	16
Communication tips for family and friends	17
Communication tools	18
About me	23
4. Information for family, carers and friends	24
Supporting someone with aphasia	24
Family life	25
Becoming a carer	25
5. Leaving hospital.....	26
Get more aphasia therapy	26
Aphasia therapy websites and apps	26
Aphasia groups	27
Stay connected to what is important to you	28
Emotions, depression and anxiety	29
6. Medical words	31

What you need to know

1. **Aphasia is when you have difficulty with language.** Aphasia happens when the language part of your **brain is injured**.
2. Aphasia can **make it hard** to:
 - › say what you want to say
 - › understand what people say
 - › read, write and spell
- › use gestures
 - › use numbers
 - › text or type.
3. **Aphasia does not affect intelligence.**
4. **People with aphasia can still communicate.** There are tips and tools on page 16.
5. **Good communication is everyone's job.** People with aphasia, families, carers, friends, and health professionals are all part of **good communication**.
6. **Aphasia can get better with time, therapy, and practice.** Your speech pathologist can help.
7. **Family and friends** can help you work on your recovery. They can be a part of therapy sessions if it is okay with you. They can help you practise things.
8. **You need to know what therapy you will get after you leave hospital.** Ask your team what the plan is.
9. **Depression** and **anxiety** are common after a stroke. Get to know the signs on page 29. You can get support and treatment.
10. **Aphasia groups** are a great way to connect with other people with aphasia.

About the Aphasia Handbook

The Aphasia Handbook is for people with aphasia, their families, carers and friends.

This book has **6 parts**:

1. About aphasia



2. Assessment and therapy



3. Tips and tools



4. Information for family, carers and friends



5. Leaving hospital



6. Medical words.



You also need a copy of the **My Stroke Journey book**. My Stroke Journey has information about stroke, stroke tests and treatment, and leaving hospital.

To get a copy of My Stroke Journey:

- ask your hospital team for a copy
- ask **StrokeLine** for a copy.

To see **My Stroke Journey**, point your phone or tablet camera at this code. Click on the web address that appears.



StrokeLine

The StrokeLine team are **nursing and allied health professionals**. They work at Stroke Foundation.

StrokeLine is a free service.

The StrokeLine team can:

- answer your **questions**
- tell you about things that will **help**
- connect you with **services**.

The StrokeLine team know about aphasia.

The StrokeLine team will give you the time and support you need to communicate.

Get in touch with StrokeLine:

Call **1800 787 653**

Email **strokeline@strokefoundation.org.au**

StrokeLine is open Monday to Friday 9am to 5pm, Australian Eastern Time.

StrokeLine is closed on Australian national public holidays.

1. About aphasia



What is aphasia?

Aphasia is when you have difficulty with language.

Your brain has two sides: the left and the right. Stroke can injure one or both sides of your brain.

Aphasia happens when the language part of your brain is injured.

For **most people**, the language part is in the left side of the brain.

Aphasia can **make it hard** to:

- › say what you want to say
- › understand what people say
- › read, write and spell
- › text or type
- › use numbers
- › use gestures.

Aphasia does not affect intelligence.

How do you say aphasia?

Some people say: ay-fayz-ee-uh.

Some people say: ay-fayz-yah.

More information about aphasia:

- › one third of people have aphasia after their stroke
- › aphasia is **different for everyone**
- › you can still communicate. It may be different to before
- › aphasia can get better with **time, therapy, and practice**. You can keep getting better for years
- › most people do not know much about aphasia
- › people cannot tell you have aphasia by looking at you. Aphasia is a **hidden disability**.

Good communication is everyone's job.

People with aphasia, families, carers, friends and health professionals all help get the job done.

"It's not a lack of intelligence. The intelligence is all in my brain. It's a lack of communication. Finding words and getting them out."



How can aphasia affect me?

Talking

You may find it hard to:

- › find the words you want
- › speak in full sentences
- › explain what you are thinking
- › say people's names
- › say the names of places.



You may:

- › feel frustrated
- › say the wrong word
- › say a made-up word
- › say swear words by mistake
- › know what you want to say, but not be able to say it.

People with aphasia can have other problems with talking.

If the parts of your body you use to talk do not work properly, your **speech will be slurred**. This is called **dysarthria**.

Your brain may have **difficulty coordinating** the parts of your body you use to talk. This is called **apraxia**.

Understanding

You may find it hard to:

- › understand what is said to you
- › understand when there is background noise.



You may:

- › feel like people talk too fast
- › need people to repeat things they say
- › need to concentrate more to understand what people say.

Reading

You may find it hard to:

- › read
- › read aloud
- › know what line you are on
- › understand long sentences
- › understand what you read.



Everyone is different. Most people only have some of these problems.

Writing

You may find it hard to:

- › write letters, words or sentences
- › spell words
- › copy words
- › notice mistakes
- › type or text like you did before.



You may:

- › take longer to type words
- › have different handwriting
- › have a different signature
- › need to write with your other hand.

Numbers

You may find it hard to:

- › read or write numbers
- › say numbers aloud
- › count
- › add, subtract, multiply and divide numbers
- › understand when people talk about numbers
- › read the time on a clock or watch
- › read dates on a calendar
- › dial the right number on your phone

- › use money



- › pay your bills.

"After my stroke, the only word I spoke was 'No'. There was a tea lady on the ward I got on well with. She said, 'Do you want coffee? 'No.' 'Tea?' 'No.'"

Anyway, that was in the beginning. I was very frustrated just trying to communicate. It was very frightening.

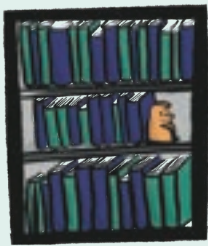
I wanted to say more than 'No.' I wanted to tell my wife I loved her. It took me two weeks to say 'Yes' and 'I love you.' So that was really good."



Word-finding difficulties

Word-finding difficulties are when **you know what you want to say but can't find the word to say it**. You may find:

- › thinking of the right word takes longer than before
- › you say the wrong word
- › a made-up word comes out
- › no word comes out at all.



Imagine all the words in your head are like **books in a library**.

The books are neat and in the right place.



With word-finding difficulties, it feels like **someone pulled all the books off the shelf**.

The words are still there but they are not in order.



Therapy helps you **organise your words again**.



It is like putting the library books back in the right place.

Types of aphasia

Non-fluent aphasia

You may have **difficulty finding words**.
You may not speak in **full sentences**.

For example, you may say 'dog bark' instead of 'the dog is barking'.

This kind of aphasia is also called **expressive aphasia**.

There are different types of non-fluent aphasia.

Broca's aphasia

You understand most of what people say. You can only say a few words. Your sentences sound like telegrams – like 'Weekend. Good. Wife visit.' You may have difficulty repeating what people say.

Global aphasia

You have difficulty understanding what people say. You find it hard to talk and write. You find it hard to understand the words you read.

Fluent aphasia

Your **sentences flow smoothly** but the **words come out jumbled**. What you mean is not always clear.

There are different types of fluent aphasia.

Wernicke's aphasia

Your sentences flow but some words come out wrong. You have difficulty understanding what people say. You may have difficulty repeating what people say. You may not know your words are coming out wrong.

Conduction aphasia

You may talk well but some words come out wrong. You usually understand what people say. You may have difficulty repeating what people say.

Anomic aphasia

You talk well but you have difficulty finding words. You understand what people say. You can usually repeat what people say.

Your aphasia may not fit into a neat box. It may change over time.

Your speech pathologist will help you and your family understand your aphasia.



"If I was talking to someone with aphasia I would say 'You hang in there.' Little things are huge things in recovery. I was really determined to improve.

I couldn't talk about things, and I can talk about things now."

2. Assessment and therapy

Aphasia can get better.

You need:

- > an assessment by a speech pathologist
- > therapy
- > practice
- > time.



What happens in an assessment?

Your speech pathologist will find out:

- > what's **hard** for you
- > what's **easy** for you.

Your speech pathologist can then tell you about:

- > your stroke and aphasia
- > ways you **can communicate**
- > what you need to do to **improve**.

After your assessment, you and your speech pathologist can:

- > set your **goals**
- > **plan your therapy**.

Your family can be part of the assessment if this is okay with you.



"My advice. Try. Try. Try. Wait and see, and yes. Amazing."



"Everyone says to you that survivors will only make gains in the first six months. That's just complete nonsense. Ben continues to make gains on a weekly basis."

What happens in therapy?

Aphasia therapy is part of **rehabilitation after stroke**.

Your speech pathologist will help you **get better at communicating**.

In therapy, you will:

- › **practise communicating**
- › learn ways to **work through problems**
- › learn to **use tools** to help you communicate.



You can:

- › practise **outside** of therapy times
- › be honest with your speech pathologist when **therapy feels hard**
- › tell your speech pathologist if **you want to do something different**.

Your speech pathologist can also help you communicate with your hospital team.

Your speech pathologist can:

- › talk with your hospital team about **your goals**
- › help you understand **what your hospital team are saying**
- › help you **be involved in decisions** about your care.



Communication Partner Training

Communication Partner Training is a type of therapy.

It is based on the idea that **every conversation is a shared experience**.

Communication partners can be anyone you communicate with regularly. For example, family, friends, work mates and health professionals.

Communication Partner Training is about **everyone** learning how to communicate with each other.

Your speech pathologist will work with you and your communication partners. Your speech pathologist will:

- › **teach everyone** ways to communicate
- › **help you explain** what works best for you
- › help you **practise**
- › tell you what has gone **well**
- › tell you what you can **work on**.

Communication Partner Training is sometimes called 'CPT' for short.

Your brain can change

Your brain can change. This is called **neuroplasticity**.

Neuroplasticity helps you get better after a stroke, but it takes a lot of work.

You need to practise things **over and over**.

Ask your speech pathologist what you can practise outside of therapy times.

Ask your visitors to help you practise after you have spent time catching up.

People with aphasia can **keep getting better for years**.

Aphasia therapy record

A therapy record can:

- › **help you know** what you are working on
- › **help your family, carers and friends** know what you are working on
- › **remind you** about the things you **need to practise**
- › help show your **progress**.

You can ask your family, carers, friends or speech pathologist to help you fill in the therapy record.

You can show the therapy record to family, carers and friends.

Take it with you when you see a new speech pathologist for the first time.

Week 1	
My goals	
What we did in therapy	
My homework	
What went well	

Week 2	
My goals	
What we did in therapy	
My homework	
What went well	

Week 3	
My goals	
What we did in therapy	
My homework	
What went well	

3. Tips and tools



Communication tips for people with aphasia

People with aphasia can **still communicate**. It may be different to before.

You can get your message across without speaking in full sentences.

For example, you can:

- › use **one or two** words
- › use your **facial expression**
- › use the **tone** in your voice
- › draw a **picture**
- › **write** it down
- › use **gesture**
- › answer a **yes or no** question.

Tools can help you communicate.

You can:

- › point to a picture. There are pictures on page 18.
- › pick words from a list
- › point to a rating scale
- › use your phone or a tablet to help you communicate.



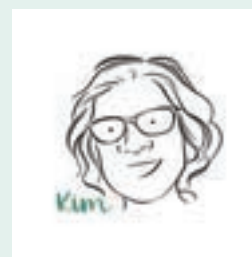
You can do more than one of these things to communicate.

For example, to tell someone your brother is coming to visit you, you could:

- › Say 'brother' or show a picture of him
- › Draw or point to a picture of a car
- › Point to yourself and your room
- › Smile or give a thumbs up.

"I've watched her struggle to write simple words and now she breezes through them and it's so amazing to watch. She's proud of herself and I'm proud of how determined she is and what she's doing."

Emma's mum Kim



Communication tips for family and friends

Aphasia is **different for everyone**. Ask the person with aphasia what works best for them. Their speech pathologist can help too.

These tips are just a guide. With time and practice, you will work out the best way.

Share these tips with all your **family and friends**.

Try these tips **when you are communicating** with someone with aphasia:

- › use short, clear sentences
- › slow down your speech
- › say one thing at a time
- › write down key words
- › ask questions that can be answered with 'yes' or 'no'
- › use gestures and facial expressions to support what you are saying
- › check they understand you.

Try these tips **when the person with aphasia is communicating**:

- › be patient
- › give them time
- › use tools like a picture or key words they can point to.







"Find a quiet place to talk. Be a good listener. Simple speech – talk in short, clear sentences. I find it difficult to decipher complex jargon talk. And don't change the subject too quickly. Most people don't like breaks in conversations, but you have to have patience. Give people with aphasia time to talk."



Having aphasia can make people isolated. You can support the person with aphasia to be a part of things:

- › **include** the person in conversations
- › let them know **their thoughts and feelings matter** to you
- › maintain eye contact in a natural way
- › use your **usual tone of voice**
- › **don't worry** about swearing, nonsense or repeated words. This is just part of aphasia.

Communication tools

The basics	 Yes	 Maybe	 No
 Rating scale	 I understand	 I don't understand	
 Can you help me?	I'm feeling	 Cold	 Hot
 Wet	 Hungry	 Tired	 In pain



Sick



Happy



Interested



Sad



Worried



Frustrated



Uncomfortable



Upset

Me and you



It's good to see you



How are you?



Thank you



I love you



Family



Home



Children



Friends

Get ready



Toilet



Shower



Wash hair



Deodorant



Clean teeth



Dentures



Shave



Makeup



Brush hair



Get dressed



Moisturiser

Get around



Go for a walk



Walking frame



Walking stick



Wheelchair

My health care



Doctor



Nurse



Therapy



Medicine

My room



Music



Television



The light



The door

Eat and drink



Breakfast



Lunch



Dinner



Snack



Water



Tea



Coffee



Milk



Sugar



Sweetener

My things



Mobile phone



Tablet



Charger



Watch



Glasses



Hearing Aid

Get more communication tools

Point your phone or tablet camera at this code. Click on the web address that appears.



4. Information for family and friends

Supporting someone with aphasia

You can:

- › **spend time** with the person
- › **include** them in decisions and plans
- › ask them how they are **feeling**
- › **ask them** how you can **help**
- › talk about how **you are feeling**
- › let them have **time alone** to rest when they need it.

You can also take care of yourself:

- › get enough **rest and sleep**
- › **eat well** and drink plenty of **water**
- › spend time doing **things you enjoy**
- › make some time for **physical activity**
- › spend time with **people who make you feel good**.

Work with their speech pathologist

You can work with the speech pathologist if it is okay with the person with aphasia.

Let the speech pathologist know when you will be at the hospital. This will help them plan to **catch up** with you.

The speech pathologist may ask you for **photos** of people, pets and places to use in therapy.

Be part of therapy sessions

Therapy can be **hard work** so it is good to have support.

Family and friends can help to keep therapy interesting. They can help the person with aphasia stay **motivated**.

You can take part in therapy sessions. You can all learn how to:

- › Keep **conversation flowing**
- › **Problem-solve** when communicating gets difficult
- › **Stay connected** with each other.

The speech pathologist can see how you all communicate together. The speech pathologist can then plan therapy that will help you all.

"Sometimes I needed help communicating, and sometimes I didn't. So, my parents and I, we had a system.

I would stand beside Mum or Dad so I could grab their hand if I needed help. I'd just squeeze their finger, not make it too obvious.

But when they were talking, and I knew I could do it, I would brush their hand. So very subtle, but a way to say, 'Hey, I can do this. It's okay'. My parents would be like, 'Cool, he's got it.'

If I needed help again, I would grab a finger again to let them know, 'Yeah, I need help.'

That's how I learned how to speak up for myself when I could, but still have support there when I needed it."



Family life

Aphasia can affect families in different ways.

Aphasia can **make it hard** to:

- › share feelings
- › make decisions and plans
- › know what everyone really wants
- › chat, share ideas, make jokes, and feel comfortable together.

Family member's **roles can change**. How you feel about yourself and each other can also change.

With everything happening, it can be hard to look after yourself and each other.

Counselling with a health professional can help. This can be just you, or you can go together.

Connecting with other people with aphasia and other family members can help too.

Lots of parents set therapy goals about looking after their children. Talk with your speech pathologist.

Relationships Australia

Counselling for individuals, couples and families.

Call **1300 364 277**

Visit relationships.org.au

Becoming a carer

Anyone can be a carer. Carers look after someone who needs help with their day-to-day living.

Talk with your hospital team if you need help with caring.

Carer Gateway

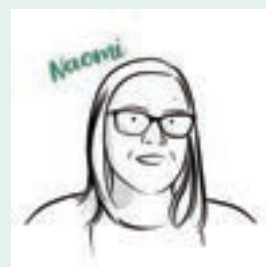
They can tell you about things to make caring easier. They can help you get services and counselling.

Call **1800 422 737**

Visit carergateway.gov.au

"When my husband had his stroke, our kids were 1 and 3 years old. I explained to them that Daddy was in hospital and he couldn't talk.

My 3-year-old didn't want to visit him at first, so when I visited him, I took some photos, so he knew what to expect. When he realised Daddy still looked like Daddy, he was happy to come and visit."



5. Leaving hospital

Get more aphasia therapy

You need to know what therapy you will get after you leave hospital. **Ask your team what the plan is.**

Keep going with therapy. People with aphasia can keep getting better for years. When you reach your goal, celebrate, then set another goal.

There are **different ways** to get therapy. Your doctor or health professional can let you know what is available. Some options are:

- › community-based rehabilitation
- › National Disability Insurance Scheme – the NDIS
- › My Aged Care
- › Medicare-subsidised sessions
- › private health insurance
- › university student clinics.

StrokeLine can let you know what therapy is available too.

Call **1800 787 653**

Email strokeline@strokefoundation.org.au

Aphasia therapy websites and apps

Websites and apps can support your aphasia therapy. **They do not replace therapy.**

Your speech pathologist can tell you if a website or app will be helpful for you.

Some products cost money. Before buying anything, talk with your speech pathologist.

The Tavistock Trust for Aphasia website can help you find websites, software, and apps.

Point your phone or tablet camera at this code. Click on the web address that appears.



You can look up:

- › Tactus Therapy
- › Lingraphica
- › Constant Therapy
- › Proloquo2Go
- › Box of Words
- › National Aphasia Association (USA).

Aphasia groups

Aphasia groups are a great way to:

- › connect with other people with aphasia
- › connect with other family members of people with aphasia
- › get information, advice and support from people who understand
- › enjoy communicating in a supportive environment.

To find a group near you:

- › contact StrokeLine
- › ask your speech pathologist.

To find a group, you can also visit our websites. Point your phone or tablet camera at these codes. Click on the web address that appears.

Aphasia Community website



EnableMe website



“An aphasia group is a very good place for improving your speech. It doesn’t matter how many words you’ve got. We’re not judging.

I’d say if you want a piece of advice, talk to other people who have aphasia. You can learn from talking to people who have aphasia, and then you can go on to speak to other people.



At the moment, I hate answering the phone. I get very nervous when my phone rings, and most of the times I don’t answer it. I find it stressful, to rapidly come up with words. At Talkback, I’ve learned some very good stuff about talking on the phone.”

Stay connected to what is important to you

There are lots of ways to stay connected to the people and things you enjoy.

Use a 'I Have Aphasia' card to explain what aphasia is

To get 'I Have Aphasia' cards:

- › Call Australian Aphasia Association **1800 274 274**. Email questions@aphasia.org.au
- › Call StrokeLine **1800 787 653**. Email strokeline@strokefoundation.org.au

Let people know what helps you communicate

Share the tips on page 17.

Teach people about aphasia

Visit our websites to find information to share. Point your phone or tablet camera at the codes. Click on the web address that appears.



Australian Aphasia Association website.



EnableMe website.

Get into activities

Let your speech pathologist and occupational therapist know if you want to:

- › work, study or volunteer
- › get involved in groups, hobbies or activities.

Get involved in aphasia research

You can get therapy as a part of testing it out. You can contribute to improving aphasia therapy.

Visit strokefoundation.org.au or contact StrokeLine.

"I volunteer at a zoo. There's two parts to it. I do data management and I do guiding. Data management, I'm not saying anything, and that's really good. That is really easy. Guiding, on the other hand, can be very stressful. I'm forced to talk to people, and that is very good for me. It's more rewarding than it is stressful."



Emotions, depression and anxiety

Aphasia can make life hard. You may feel like you are not a part of things. You may feel:

- › sad
- › scared
- › worried
- › hopeful
- › lonely
- › embarrassed.

Share your feelings with:

- › your family and friends.
- › your doctor and health professionals.

"I did not know the word aphasia. About a year after my stroke, I asked my speech therapist 'What's wrong with me? I just can't get the words out.' And the speech therapist said 'Honey, you've got aphasia.' I did some research and I called Mum and said 'I've got aphasia. And I'm proud of it.'"



Depression and anxiety

Lots of people with aphasia have depression or anxiety. Family and carers can experience depression or anxiety too.

Get to know the signs.

Depression

You may have depression if you have:

- › some of these signs
- › on most days
- › for more than 2 weeks.

You may:

- › feel sad or down
- › lose interest in things you enjoy
- › feel irritable, overwhelmed, empty or numb
- › feel tired all the time
- › find it hard to concentrate
- › not feel like eating
- › eat more than usual
- › find it hard to sleep
- › sleep more than usual.

Anxiety

You may have anxiety if you have:

- › some of these signs
- › on most days
- › for more than 2 weeks.

You may:

- › feel very worried or anxious most of the time
- › find it hard to calm down
- › overthink things
- › find it hard to make decisions
- › feel tired all the time
- › have difficulty concentrating
- › have tense muscles
- › find it hard to get to sleep
- › find it hard to stay asleep.

Beyond Blue

Beyond Blue can help with depression or anxiety. You can contact them 24 hours a day, 7 days a week.

Call **1300 22 4636**

Visit beyondblue.org.au

Lifeline

Lifeline can help if you are having a personal crisis. You can contact them 24 hours a day, 7 days a week.

Call **13 11 14**

Visit lifeline.org.au

StrokeLine

Call **1800 787 653**

Email strokeline@strokefoundation.org.au

"Stroke is so traumatic, and you're trying to process what's happened, so your mind is not clear.

There are things I wish someone had explained to me in the beginning, so I had some knowledge of what to do, what to say to my sister. But slowly, slowly, I learned.

I found StrokeLine and they were very, very helpful. I would email or call them, and they would give me leads. The Australian Aphasia Association was very helpful too. Their website has great information.

If I do get down, I just process it. I can always call StrokeLine – there's always someone there to speak to and give you courage."



6. Medical words

Agrammatism

Agrammatism is when you have difficulty with **saying or understanding sentences**. You can say single words, but it is hard to put them together in sentences.

Agraphia

Agraphia is when you have difficulty with **writing**.

Alexia

Alexia is when you have difficulty with **reading**.

Anomia

Anomia is when you have difficulty with **finding the right words**.

Anomic aphasia

You talk well but you have **difficulty with finding words**. You understand what people say. You can usually repeat what people say.

Aphasia

Aphasia is when you have **difficulty with language**. Aphasia happens when the language part of your **brain is injured**.

Aphasia is also called dysphasia.

Apraxia

Apraxia is when you find it **hard to move part of your body**. It is because your brain has difficulty with **planning** the steps to move.

Apraxia of speech is when your **brain finds it hard** to plan the steps to **move your mouth** to speak.

Apraxia is also called dyspraxia.

Auditory comprehension

Auditory comprehension is hearing, making sense of, and **understanding what people say**.

Augmentative and alternative communication (AAC)

Augmentative and alternative communication is about **ways people can communicate besides talking**. Examples are pointing to words or pictures, using gestures, and using voice output devices.

Broca's aphasia

You usually **understand what people say**. You can only say a few words. Your sentences sound like telegrams – like 'Weekend. Good. Wife visit.' You may have difficulty repeating what people say.

Circumlocution

Circumlocution is a **technique** people use when they can't find the right word.

You describe the word. For example, you may say 'the shop that sells everything' instead of 'supermarket'.

Cognition

Cognition includes **thinking**, attention, language, learning, memory and perception.

Conduction aphasia

You may **talk well but some words come out wrong**. You usually understand what people say. You may have difficulty repeating what people say.

Cue

A cue is a **clue or a prompt** for a word.

An example is when your speech pathologist gives you **the first sound of a word**. This helps you find the word.

Discourse therapy

Discourse therapy **helps you speak and understand** paragraphs and conversations. It also helps you explain and share stories.

Dysphagia

Dysphagia is when you have:

- › **Difficulty with swallowing** or
- › **Pain** when you swallow.

Expressive aphasia

You may have difficulty with **finding words and speaking in full sentences**.

It is also called non-fluent aphasia.

Fluent aphasia

Your **sentences flow but your meaning does not always come across**.

Functional communication

Functional communication is being able to get your words, ideas, and messages across to others in **day-to-day activities and situations**.

Global aphasia

You have difficulty **understanding what people say**. You find it hard to **talk and write**. You find it hard to **understand the words you read**.

Goal setting

Goal setting is deciding **what you want to achieve**.

Your hospital team can help you:

- › set goals
- › make a plan to reach your goals.

Your plan will include:

- › the steps you will need to take
- › how you will keep track of your progress.

Hemianopia

Hemianopia is when you **lose half the visual field in both your eyes**.

If you have right hemianopia, the words on the right side of the page disappear. For a left hemianopia, the words on the left side disappear.

Hemiparesis

Hemiparesis is when **one side of your body is weak**. This can be your arm, your leg or both.

Hemiplegia

Hemiplegia is when **one side of your body cannot move or is paralysed**. This can be your arm, your leg or both.

Life participation approach to aphasia

This is a way of **getting back to life with aphasia**. It also focuses on having choices and access to services.

Non-fluent aphasia

You may have difficulty **finding words and speaking in full sentences**.

For example, you may say 'dog bark' instead of 'the dog is barking'.

This kind of aphasia is also called expressive aphasia.

Paraphasia

A paraphasia is a **sound or word mistake**.

There are 3 types of paraphasia.

You say the **wrong sound**. For example, **pook** instead of **book**. This is called phonemic paraphasia.

You say the wrong word but it has a similar meaning. For example, you say **dog** when you mean **cat**. This is called semantic paraphasia.

You say a **made-up word** that does not mean anything. This is called neologistic paraphasia or neologism.

Perseveration

Perseveration is when you **get stuck on one thing**.

With aphasia, this means **getting stuck on a word and saying it over again**. Usually, you do not mean to.

Receptive aphasia

Receptive aphasia is when **you can speak in sentences**, but what **you mean is not always clear**. You have **difficulty understanding** what people say.

Wernicke's aphasia

Your **sentences flow but some words come out wrong**. You have **difficulty understanding** what people say. You may have difficulty repeating what people say.



How to get more involved

- 🕒 **Give time** – become a volunteer.
- 💰 **Raise funds** – donate or hold a fundraising event.
- 🗣️ **Speak up** – join our advocacy team.
- 🌱 **Leave a lasting legacy** – include a gift in your Will.
- ⊕ **Know your numbers** – check your health regularly.
- 📡 **Stay informed** – keep up-to-date and share our message.

Contact us

- ☎️ **StrokeLine 1800 STROKE**
(1800 787 653)
- 🌐 **strokefoundation.org.au**
- 📘 **/strokefoundation**
- 🐦 **@strokefdn**
- 📷 **@strokefdn**