

TOPIC:

Communication After Stroke: Aphasia



Communication

After Stroke: Aphasia



- Communication problems are common after a stroke
- Aphasia is a common communication impairment and can affect a person's ability to:
 - speak
 - read
 - write
 - understand what others say

Communication

After Stroke: Aphasia



What you should know:

- ✓ 1 in 3 people with stroke will have aphasia
- ✓ Aphasia impacts a person's ability to use language
- ✓ Aphasia does NOT impact intelligence
- ✓ Communicating with someone with aphasia can take time and effort
- ✓ Aphasia can lead to frustration, social isolation and depression
- ✓ Better communication can improve care and quality of life

Communication

After Stroke: Aphasia



A person may have one or both of the following types of aphasia:

- ✓ **Receptive Aphasia** - trouble taking messages IN; difficulty understanding what is heard or read
- ✓ **Expressive Aphasia** - trouble getting messages OUT; difficulty speaking or writing

Communication After Stroke: Aphasia



Smart Tips:

Before You Start



- Ensure adequate lighting
- Reduce noise and distractions
- Ensure hearing aids, glasses and/or dentures are in use
- Position yourself face to face at eye level
- Plan for extra time and be patient

Communication After Stroke: Aphasia



Keep it Simple



- Make sure the topic of conversation is very clear
- Speak in short simple sentences
- Ask YES/NO questions
- Offer choice

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Be Respectful



- Speak slowly and clearly
- Use a normal tone and volume
- Acknowledge competence “I know you know”
- Include the person with aphasia in conversations
- Avoid interrupting

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Encourage Communication



- Use gestures
- Write down key words
- Have them point to words or pictures

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Confirm the Message



- Repeat what you think the person said
- Pay attention to body language and facial expressions
- Acknowledge frustration
- Offer to try again later

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Smart Tips
for Stroke Care

Seek extra support

- ✓ Speech Language Pathologists are skilled in communication
- ✓ For more information about Aphasia, please visit the Aphasia Institute
<https://www.aphasia.ca/>

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