



# Tips and Tricks: Group Setting with Aphasia

## What you can do:

- Let friends and family know that group settings are challenging.
- Try to have conversations with **one person** at a time.
- It's ok to just **LISTEN** in group setting... keeping up with the conversation verbally can be challenging.
- **Take breaks.** Walk outside, step out of the room. It's ok to sit in silence for a bit.
- Give your self time to **relax** in a **quiet** space after the group activity.
- [Download our Situational Aphasia Wallet Card](#)

## What you can ask of others:

- Ask friends/family to give you **time to respond** in a group conversation.
- Ask the group members to **highlight** when there is a **topic change** (i.e. I'm going to switch from talking about the game to discussion my vacation last week).
- Keep **music off** or low and keep **tv's turned off.** The least amount of background noise is best.



# Tips and Tricks: Going Out To Eat

## What you can do:

- Set a goal to **order for yourself**. Start small, perhaps just ordering your drink.
- **Preview** the menu online prior to going to the restaurant.
- **Write** down the item or items **names ahead** of time or save them on your phone (Notes) to show the waiter/waitress if you can't say the word.
- **Point** to the menu item you want. You don't always have to use words to communicate.
- Use a "**Tip Calculator**" app to help calculate the bill.
- [Download our Situational Aphasia Wallet Card](#)

## What you can ask of others:

- **Write** down **specials** and drink **sizes** (small/medium/large).
- When providing choices, **pause** between choices or write them down.
- **Communicate with me** about my order, not my friends or family.



# Tips and Tricks: At the Doctor

## What you can do:

- Prior to your visit:
  - **Write** down any **questions**
  - **Write** down any **medications** you're taking. You can **copy** the names from the label, or you can use your phone to **take photos** of the medicine bottles to show your doctor.
  - **Write** down your **birthdate** and any other personal information you will need to check in.
  - **Ask** if you can **audio record** the visit so you can listen to the information more than once.
- Use your **license** to share your personal information.

## What you can ask of others:

- Provide all **instructions** in **writing**.
- Provide **dates** for follow-up appointments in **writing**.



# Tips and Tricks: Getting Your Point Across

## What you can do:

- If you can't say the right word:
  - **Gesture** the action or object.
  - **Draw** a picture
  - Try to **write** the word or first letter.
- Focus on **short sentences** or single **keywords**.
- Make sure your **listener knows** the **topic**.

## What you can ask of others:

- Ask your listener **not to correct** you **if** they **understand** your message.
- Ask your listener to **tell you they don't** **understand** you, rather than pretending to understand.



# Tips and Tricks: Going to the Pharmacy

## What you can do:

- Prior to your visit:
  - **Write** down the name of the **medication** you are picking up or **bring** your **prescription**
  - If **numbers** are challenging, **write** down your **birthdate** and any other personal information you will need to pick up your medication.
- If you have questions, try to **write** down **keywords**.
- **Use** your **license** to provide your name and birthdate.
- [Download our Situational Aphasia Wallet Card](#)

## What you can ask of others:

- Provide all instructions in **writing**.
- Ask the pharmacist to **write** down the **total cost**.



# Tips and Tricks: Going to the Grocery Store

## What you can do:

- Writing your grocery list:
  - **Copy** the item names from the **store's ad**.
  - **Copy** the item names from a generic **shopping list online**.
  - **Take pictures** of the items you need.
- If you can't find an item, **write** down the **name** of the food or **show** a **picture** to a store employee
- [Download our Situational Aphasia Wallet Card](#)

## What you can ask of others:

- Ask an employee to **lead** you to the item you need rather than providing verbal directions.
- Ask the cashier to **show** you your **total**.
- Ask for **assistance bagging** or **carrying** groceries if you have **weakness**.



# Tips and Tricks:

## Accessing Emergency Services

### What you can do:

- **Add** your important medical information into the medical ID on your phone.
- **Contact** your local emergency services to ask if they can **add** your Aphasia diagnosis to your contact information and if they have texting services.
- Place a sticker in your window to let emergency services know someone in the home has Aphasia.
- Carry an Aphasia card in your wallet.
- If you use an AAC device, program your personal information into the device.

### What you can ask of others:

- Speak short, simple sentences.
- Write down information or questions.



# Tips and Tricks:

## Accessing Public Transportation

### What you can do:

- **Carry** your **Aphasia card** to allow your driver know you have Aphasia.
- Use a **map** or visual if you need **to provide directions** or ask questions about location.
- **Schedule** rides in **advance** with the **assistance** of a friend or family member.
- **Confirm** understanding of the **time** of pick up.
- Use the service's (Amtrack, local bus) **app** to **purchase** tickets in **advance**.
- [Download our Situational Aphasia Wallet Card](#)

### What you can ask of others:

- **Write** down the total **cost**.
- Ask the **drive** to **speak** with you **face to face** if they have a question.