

Aphasia “Life Hacks” to Promote Independence



Cover buttons on the remote control with a strip of cardboard or paper except for the POWER button, CHANNEL buttons and VOLUME.



If keyboarding is hard due to visual deficits or letter identification, cut out a piece of cardboard to allow for only 4 keys to be present at a time, and have the PWA practice typing with those letters first. Then gradually add in/reveal more letters at a time.



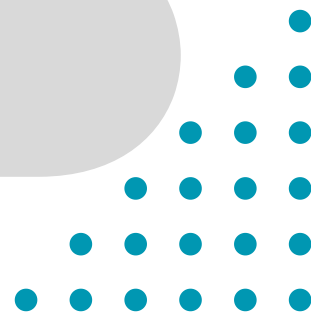
Sound Associations: Develop a set of sounds or noises that can stand in for words or phrases. For example, a specific whistle could mean “food” or a clap could mean “help.” This could be a fun way to engage with family and friends.



Customized Communication Cards: Design cards that have specific questions, prompts, or phrases that the person frequently uses or needs. These can be kept handy and used to facilitate discussions without needing to form words.



Program a Person with Aphasia’s phone to have important or emergency contacts in their “Favorites” tab or on speed dial.





Aphasia “Life Hacks”

For Daily Life



When it comes to a Pharmacy trip or medical appts, have the Person with Aphasia take pictures of their medicines and save them to their photos. You can also list all medicines on a notecard or in the “NOTES” app on your iPhone to share with medical staff or the pharmacy.



Set up recurring daily alarms for important daily tasks such as taking medications.



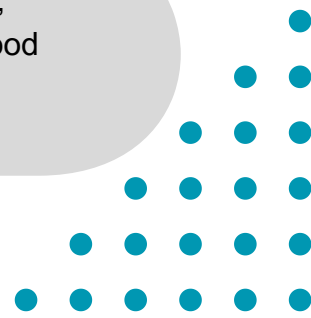
Turn on closed captioning to assist with comprehension when listening to a show or movie - this option is also available on iPhones when Facetiming or participating in a phone call.



Visual Schedules: Maintain a visual schedule of daily activities that uses images or icons. This can prompt conversation about what’s next and help with memory recall.



If you frequently order the same meals at a favorite restaurant, save your order in the “Notes” app. You can also save other food preferences or allergies (e.g. No Mayo or allergic to peanuts).





Aphasia “Life Hacks” for Creative Home Therapy



Story Stones: Create a collection of stones or cards with images or symbols on them. These can be used to tell stories or share experiences by selecting stones and arranging them in a sequence, which helps prompt conversation.



Consider using an “English as a Second Language” (ESL) learning app, such as Rosetta Stone or Duolingo to work on language tasks.



Mood Boards: Use a mood board with images that represent different feelings, ideas, or topics. When discussing something, point to relevant images to convey thoughts without needing to articulate them verbally.



Use homophones to help with reading of functor (“the little”) words. For example, check this out taken from Atlas Aphasia Center



Label important, personally relevant items around the house with post-it notes, as it allows the Person with Aphasia to begin to associate the written word with the actual item.

