

Build Your Own Home Practice Program

Talking

- Practice writing family names or saying them using pictures
CHALLENGE: Create a family tree, and talk about the relationships between family members
- Name 10 things around the room or while you are on a walk
CHALLENGE: Identify 3 features about each object you find on your walk (i.e. What does it look like, What does it do, Where do you find it, etc.)
- Generate a word that starts with each letter of the Alphabet, going in order of the Alphabet (A-Z)
CHALLENGE: If that's too easy, add a category. Now all the words must fit that category such as foods, animals, movies, etc.
- Modify board games such as Trivia, Scattergories or Taboo by playing with a team or taking away/extending the time limits
- Talk about your favorite vacation—What did you do?, Where did you go?, Who was there?, What did you see?, Etc.
- Describe one of the photos in your camera roll on your phone
CHALLENGE: Try to create a story linking together 2 or 3 pictures from your camera roll, or describe what happened in a video you took.
- Pick a variety of objects around the room and name 3 different actions related to the object. For example, CANDLE: Light, blow, smell
CHALLENGE: Generate a person (be as specific as possible) related to items in your house (i.e. toothbrush: DENTIST; knife: CHEF; toilet: PLUMBER, etc.) and even try to create complete sentences using Subject (person), Verb (action) and Object (i.e. Plumber fixes toilet)
- Call a friend on the phone or Facetime
CHALLENGE: Consider participating in a GROUP chat or conversation on the phone or on Facetime, and attempt to initiate a question to 2 or 3 different people on the call.

Understanding

- 20 questions: One person thinks of an object and the other person asks Y/N questions in order to guess the object.
- Barrier game: Take turns describing a drawing with simple shapes to a partner who cannot see it. Your partner must draw the drawing based on the explanation.
- Summarize a movie or show you watched
- Play board games like “Guess Who” to practice asking and answering questions



Reading

- Read aloud from your favorite book
- Practice reading to your kids or grandkids
- Read keywords from a recipe while cooking
- Read signs and labels in the grocery store
- Read road signs and billboards when you're the passenger in a car
- Read headlines from your favorite news page
- Join a book club- Some local organizations offer book clubs specifically for Persons with Aphasia

Writing

- Write about a picture in your camera roll
- Participate in a Facebook Group for Aphasia, such as Aphasia Recovery Connection
- Send 2 text messages each day to two different people
- Write a letter or an email to a friend, or even consider becoming penpals with another person with Aphasia
- Write down birthdays and events on your calendar
- Write your weekly shopping list
- Keep a journal and log what you did throughout the day

Other Opportunities

- Find a volunteer opportunity. Volunteering at a hospital to meet with other people who may be newly diagnosed with Aphasia could be a great place to start!
- Join a local stroke group or Aphasia center if there is one available in your area
- Participate in a research study to help researchers learn more about Aphasia. You can find a few options on our website: www.iraphasiatherapy.com/research
- Consider joining other local clubs or groups that match your interests. For example, join a group for an adaptive sport or join a knitting circle.

