



INTEGRATIVE RECONNECTIVE APHASIA THERAPY

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FOR: FRIENDS AND FAMILY

I have **APHASIA**.

APHASIA affects my ability to *speak, understand, read and write*.

Aphasia **DOES NOT** affect my **INTELLIGENCE**.

BECAUSE OF MY APHASIA:

- I have more trouble communicating, but I am **STILL ME** and want to be **INCLUDED**.
- I have trouble **SAYING** and **UNDERSTANDING** words and sentences.
- I have trouble **SAYING** and **UNDERSTANDING** numbers.
- It is difficult for me to understand what you are saying to me when I can not see you.
 - For example, if you are talking to me from another room, I may have trouble understanding.
 - For example, phone calls are challenging, facetime or zoom calls are better
- I will make mistakes when I communicate, but know that I am doing my best and please do not correct me unless I ask for help.
- I may need to interrupt conversation when I have a thought, because I am afraid I will lose it and won't be able to say it again. I am not trying to be disrespectful or rude.
- I may confuse my pronouns and say "she" when I mean "he" or "his" for "our."
- I may confuse my yes and no responses, and say "yes" when I mean "no" or "no" when I mean "yes."
- I may have trouble following a one-on-one conversation or group conversation, especially if the environment is noisy or there are other environmental distractors.
- I may need to communicate my message using multiple modalities of communication (i.e. talking, gesturing, giving you the first letter of a word, drawing, showing you on my phone, etc.).



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HOW YOU CAN HELP ME COMMUNICATE:

- Please include me in conversation, and do not feel uncomfortable with silence – I sometimes just need extra time to get my thoughts out, but it's important for me to share them with you.
- When talking about numbers, **PLEASE WRITE IT**, or I do not feel like I am included in the conversation.
- Please **LOOK AT ME** when you are talking to me, as visual cues help.
- If you say the name of a PERSON or PLACE, please **WRITE** down WHO/WHAT you are talking about.
- Please **WRITE DOWN** instructions/side effects and **SPEAK** at a slower rate when giving instructions, pausing in between steps.
- Give me time to respond.
- Be patient.
- Use short, direct sentences while maintaining an adult tone.



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