



MY APHASIA TIME CAPSULE

INSTRUCTIONS

We encourage you to use this template to document the progress you've made over the last year and the goals you want to reach by next year.

What's included?

- Prompts to allow you to think about your past, present and future progress.
- **First**, you will find an **OPTIONS page** if you **have trouble** generating responses on your own. This page can be **used for all** of the questions.

How to use the time capsule:

- You can complete the time capsule **independently** or with the **help of a family member** or **friend**.
- **Write** your answers for each question.
- We also encourage you to **video record** yourself or your answers so you can **HEAR** and **SEE** the **progress** you make.
- **Next year**, during National Aphasia Awareness Month, read your answers and **reflect on the progress** you've made.



MY APHASIA TIME CAPSULE: OPTIONS PAGE

Having trouble answering the questions? Here are some options!

Talking	Understanding	Reading	Writing
Say family member's name	Understand Yes/ No questions	Read signs	Write my name
Name objects	Understand simple sentences	Read Sentences	Copy words
Say long words	Follow along in a conversation	Read a short story	Write letters
Find the words I want to say	Understand someone on the phone	Understand what I read	Write words
Use sentences	Understand simple instructions	Read aloud from a menu	Write Sentences

Education and Advocacy

Use an Aphasia Card	Educate my coworkers about Aphasia	Write an article or blog about Aphasia
Share printed Materials	Tell people I have Aphasia	Host or Attend a community event for Aphasia
Wear the word Aphasia	Create a video on social media so people can SEE and HEAR Aphasia	Contact a local restaurant to create Aphasia Friendly menus
Share information about Aphasia on Social media	Get involved with the National Aphasia Association	Reach out to a local news station
Share my Communication strategies	Read a story to children or grandchildren about Aphasia	

End



MY APHASIA TIME CAPSULE: REFLECTING ON THE PAST

ONE (1) YEAR AGO I COULD **NOT**....







TODAY, I AM STILL HAVING **TROUBLE** WITH....







MY APHASIA TIME CAPSULE: THE PRESENT

TO **IMPROVE** MY COMMUNICATION, I AM **CURRENTLY WORKING ON...**







I HELP **EDUCATING OTHERS** ABOUT APHASIA BY...



WHEN COMMUNICATING WITH **OTHERS**, IT **HELPS** IF.....



I AM USING THESE **COMMUNICATION SUPPORTS....**

AAC BOARD

READING KEY WORDS

TEXT TO SPEECH

WRITING

SPEECH TO TEXT

GESTURES



OTHER





MY APHASIA TIME CAPSULE: THE PRESENT

HOW WOULD YOU RATE YOUR TALKING?



I WOULD RATE MYSELF HIGHER IF I COULD....



HOW WOULD YOU RATE YOUR UNDERSTANDING?



I WOULD RATE MYSELF HIGHER IF I COULD....



HOW WOULD YOU RATE YOUR READING?



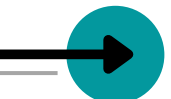
I WOULD RATE MYSELF HIGHER IF I COULD....



HOW WOULD YOU RATE YOUR WRITING?



I WOULD RATE MYSELF HIGHER IF COULD...





MY APHASIA TIME CAPSULE: LOOKING TO THE FUTURE

NEXT YEAR, I WOULD LIKE TO BE ABLE TO...







THIS YEAR, I PLAN TO **ADVOCATE** FOR APHASIA BY...







NEXT YEAR, I HOPE I AM...







