North East Trust for Aphasia

Living well with aphasia



Aphasia means change.

It changes how you expected life to be.
It changes how you communicate.
It changes how you access your world

It closes some doors but it also opens others.



Understanding your aphasia and how to manage it will help you to live well with aphasia.

- What are your strengths and weaknesses as a communicator?
- What times of day do you communicate best?
- Which environments do you feel most relaxed communicating in?
- What strategies do you use that help you communicate effectively?



Helping others understand your aphasia is important too.

- What strategies should they use to support your communication?
- Take the initiative to tell family, friends and people in your wider community about aphasia.
- Consider carrying an aphasia id card or communication passport



Communication rights are protected by law.

Everything possible must be done to support a persons communication.

This might mean people must change their communication style, format and / or environment to support you.

It is easy to feel **isolated** living with aphasia

Accessing social opportunities and continuing with interests/ hobbies and exploring new ones is an essential part of aphasia recovery.



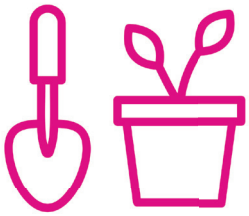
Local stroke / aphasia groups.
Special interest groups.



Online stroke / aphasia groups.
Special interest groups.



Aphasia choirs /
music groups



Gardening / allotment



Day out
with family/ friends



Art groups



Accessible sports:
walking football
accessible surfing
bowls



Audio books
Book clubs



Night out
with family/ friends



Voluntary work

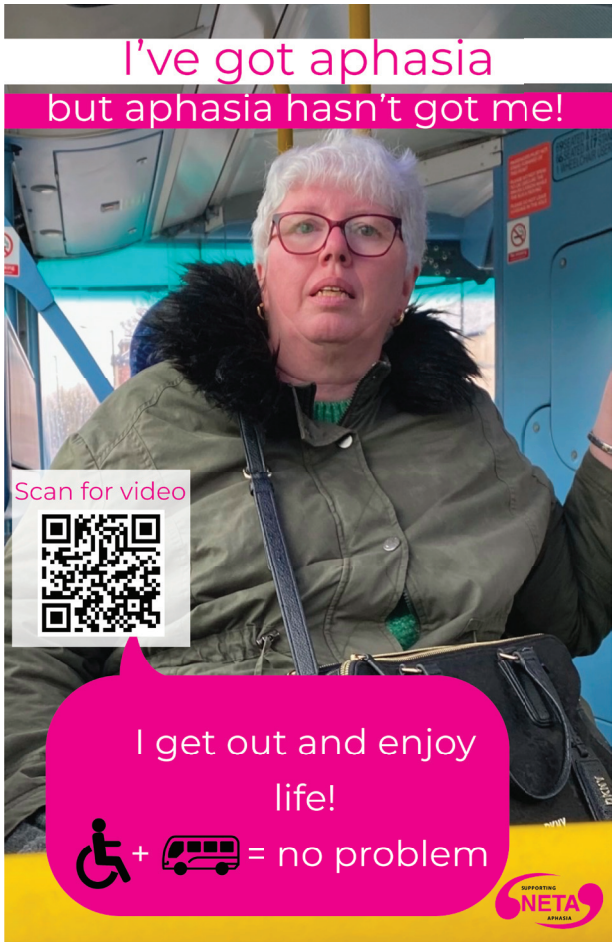


Games / puzzles



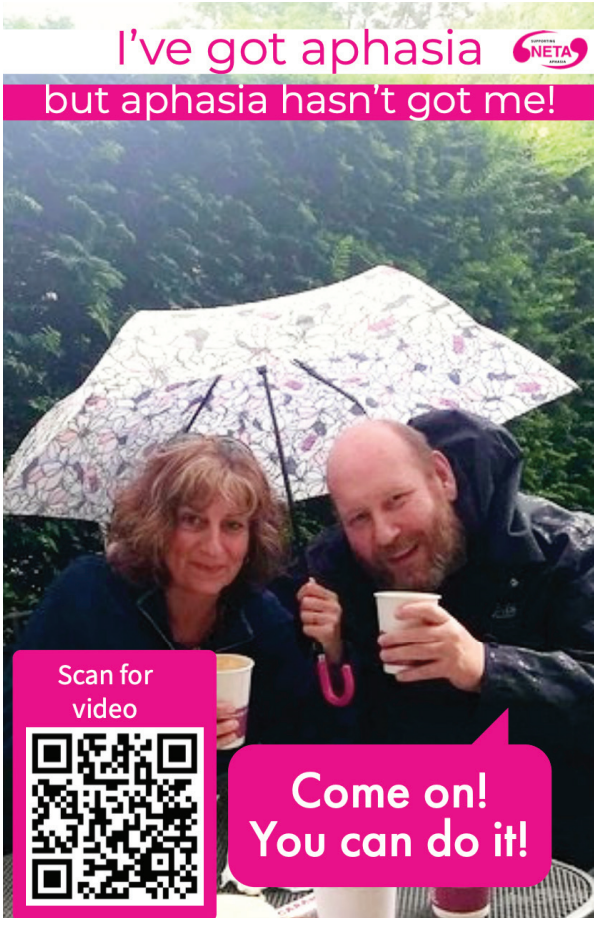
Online activites / games /
photography / social media

Listen to the stories of some of the people who come to the North East Trust for Aphasia









Useful links

North East Trust for Aphasia: https://www.neta.org.uk

NHS – Aphasia
https://www.nhs.uk/conditions/Aphasia/

Royal College of Speech and Language Therapy – Aphasia Overview
https://www.rcslt.org/speech-and-language-therapy/clinical-information/aphasia

North East Trust for Aphasia:
https://www.neta.org.uk

Aphasia Reconnect - online group / resources
https://aphasiareconnect.org/find-support/online-groups/

Aphasia Recovery Connection - online groups / resources
https://aphasiarecoveryconnection.org

Aphasia support - list of aphasia cafes https://aphasiasupport.org/aphasia-cafes/

Stroke Association Communication Tools
https://www.stroke.org.uk/what-is-aphasia/communication-tools

Better Conversations with Aphasia – a learning resource
https://www.ucl.ac.uk/betterconversations/aphasia

Aphasia Software Finder - searchable database of apps/ software relevant to aphasia
https://www.aphasiasoftwarefinder.org/

Scope - finding accessible sport
https://www.scope.org.uk/advice-and-support/disability-sport#Finding-accessible-sports-click