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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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# What is Aphasia? Speech and Language Therapy



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### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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## What will the Speech and Language Therapist do?

The Speech and Language Therapist will assess all aspects of communication and determine the type and extent of any problems the person with aphasia has with their communication

### *Possible goals of treatment:*

- Restoring language abilities as much as possible
- Improving communication by using remaining strengths
- Compensating for language problems by using other methods of communication, e.g. writing, gesturing, communication boards, picture charts, etc.
- Learning strategies to make communication easier
- Teaching caregivers and family members strategies to improve communication with the person with aphasia

**It is said that a communication problem cannot occur in isolation as it is always a two-way process.**

**Therefore, the listener's patience and positive encouragement are crucial to reduce frustration and achieve communicative success.**

- If possible, go outside or to the hospital cafe and discuss the people, places and things that you see
- Do not be afraid of simply spending time together e.g. watching TV, holding hands or watching the world go by

If you would like more information on aphasia, please ask for our sources of information leaflet.

**Patient Name:** .....

**Date:** .....

**Speech & Language Therapist:** .....

**Contact details:** 01932 722868 (St Peter's Hospital)  
01483 846238 (Bradley Unit)

## Alternatives to Conversation:

*It is important to maintain social contact when communication is difficult. Opportunities for conversation and the motivation to interact can quickly reduce. Remember that communication is tiring and concentration may be affected, so keep activities short and enjoyable.*

- Listen to the radio, music, audio books, or watch television – then encourage comments and opinions
- Try simple turn-taking games that do not rely on language skills, e.g. Connect 4, Ludo, Draughts, Dominoes, simple card games, noughts and crosses
- Find jigsaws with an adult theme but few pieces to complete together
- Offer to read to them – a newspaper, a letter from a friend, a chapter in a book
- Find adult-orientated art activities such as painting-by-numbers or sketch books
- If spelling is difficult, try unscrambling anagrams of Scrabble tiles/plates, doing word-searches, simple cross-words or hang-man
- Find books, magazines or websites that are mostly pictures to enjoy looking at together rather than reading. Try gardening catalogues, sports photo books, 'Hello' or 'OK' magazines, holiday brochures, natural history information and social media

## How to help with understanding:

- Ensure your surroundings are quiet and free of distractions
- Ensure you have the person's full attention
- Simplify your language by using short, uncomplicated sentences
- Present one idea at a time
- Don't change topic suddenly or without warning
- Be prepared to repeat what you have said or rephrase it more simply
- Use gesture, pointing and facial expression to get your meaning across
- Write down key words
- Use pictures and photos to illustrate what you mean
- Allow extra time to process what you have said
- Speak naturally
- Don't pretend to understand. Let the speaker know if you haven't understood what they have said
- Involve the person with aphasia in conversations
- Don't be discouraged – **keep talking!**

## How to help with expression:

- Allow the speaker plenty of time to formulate what they want to say

- Encourage any means of communication to convey the message, e.g. gesturing, pointing, facial expression, drawing, writing, vocalisation, thumbs up, head nod/shake
- Compile communication books with pictures, photos, a few written words (e.g. family names) which can be pointed to
- Ask questions which can be answered with 'yes/no'
- If you can predict the word sought, offer the initial sound or a 'run-up' clue e.g. chair – 'you sit on a ch...'
- Give them choices – 'do you mean...?' e.g. orange or banana?
- Write down key words
- If you understand part of the sentence, repeat it back to act as a prompt e.g. 'I want to go to...'
- Encourage the person to give you as much information about the word they are thinking of. It may be useful to ask specific questions to help the person tell you more:
  - What do you use it for?
  - Where do you find it?
  - What does it look like?
  - What does it feel like?
- Conversations about the 'here and now' are easier than long descriptions or abstract ideas

- Give positive feedback if you have understood what is being communicated e.g. 'I can see by the look on your face that you don't like that!'; 'That smile tells me all I need to know!'
- Accept alternative words or descriptions to keep a conversation going. Try not to keep correcting if you know what is meant
- Check your understanding – 'You were saying that the doctor came today ... is that right?'
- Be tactfully honest if you have not understood.

*Not all techniques will work for everybody.*

*Be cautious not to try too many techniques at once as this may lead to an overload of information.*