

# aphasia

COMMUNICATING  
THROUGH THE BARRIERS.

## What is Aphasia?

Aphasia is a language disorder that affects the ability to communicate. It's most often caused by injury to parts of the brain that control speech and language resulting from a stroke.

### I need to communicate with someone who has aphasia.



#### Keep It Simple

Speak in short, simple sentences.



#### Be Patient

Allow plenty of time for a response. Talk with him/her not for him/her.



#### Remove Distractions

Turn off radios and TVs.



#### Be Creative

Try writing, gesturing, pictures and communication tools like an iPad.



#### Confirm

Repeat back what you think he/she is saying.

#### People With Aphasia

1. Communicate differently, but they are as smart as they were before.
2. Their hearing is fine; speaking loudly does not help.
3. Aphasia is not contagious! To talk to people with aphasia, you'll just have to communicate differently.



### I have aphasia.



#### Take Your Time

Remember it may take a while to get the words out.



#### Let People Know What Works Best For You

Do you want a question asked in multiple ways? Let them know.



#### Use Assistive Devices

Bring photos, diagrams, pen and paper, etc.



#### Getting Frustrated Is Okay

Don't blame yourself if you get stuck or stumble on your words. Be patient with yourself as you find what works.

#### If You Get Stuck, You Can

1. Admit you're struggling.
2. Recap what you have discussed so far.
3. Decide whether to carry on or come back to it later.

**SCALE: Baltimore Area's only Aphasia Center**  
**410-323-1777**