

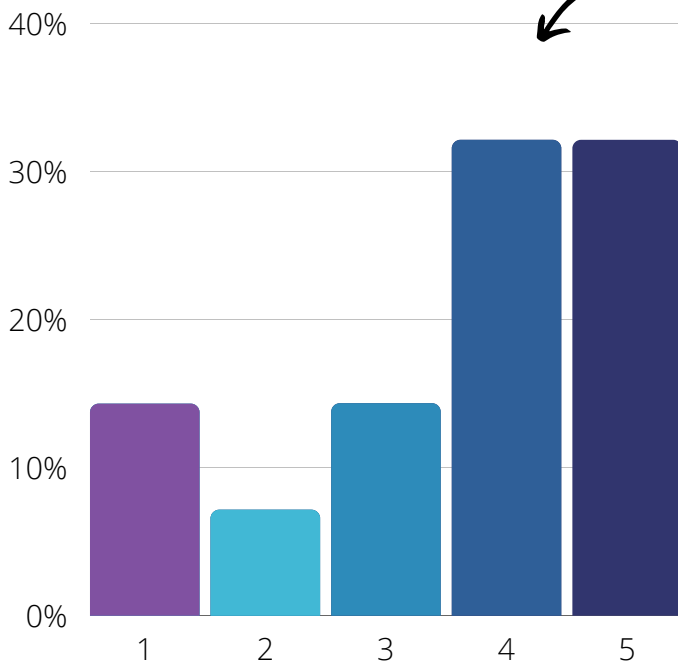


APHASIA SNAPSHOT

a monthly look at what the aphasia community is thinking and feeling

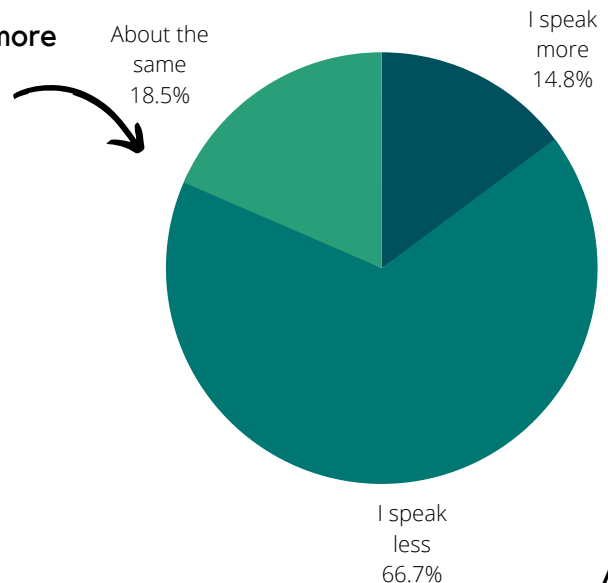
How Has the Pandemic Affected Your Life?

On a scale from 1 - 5, how much has the pandemic impacted your life?



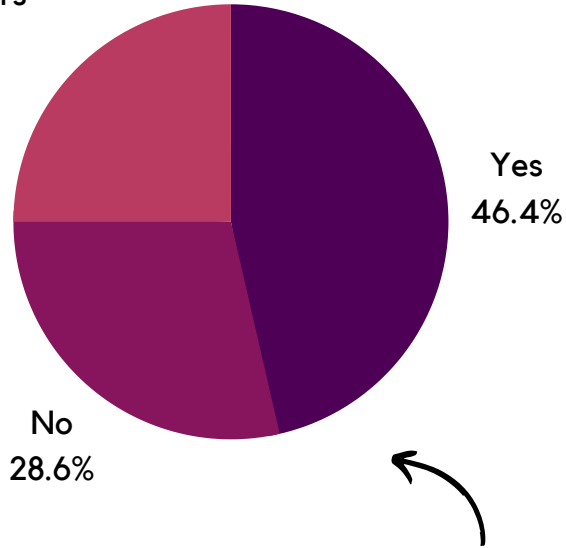
- 1: Almost nothing changed this year (Example: I wore a mask and was careful, but I was able to continue with normal activities.)
- 2: A little changed. (Example: Most appointments continued, but social groups or support groups moved online.)
- 3: Some things changed. (Example: Sometimes appointments got rescheduled but others happened. I saw some friends and family, but not others. Some things met in person while others moved online.)
- 4: Many things changed. (Example: I didn't see many people. Most appointments and social groups moved online. My schedule changed.)
- 5: Everything changed. (Example: I couldn't see friends and family. I felt isolated. All social outlets and appointments moved online.)

During the pandemic, do you think you talk with people more or less than usual?



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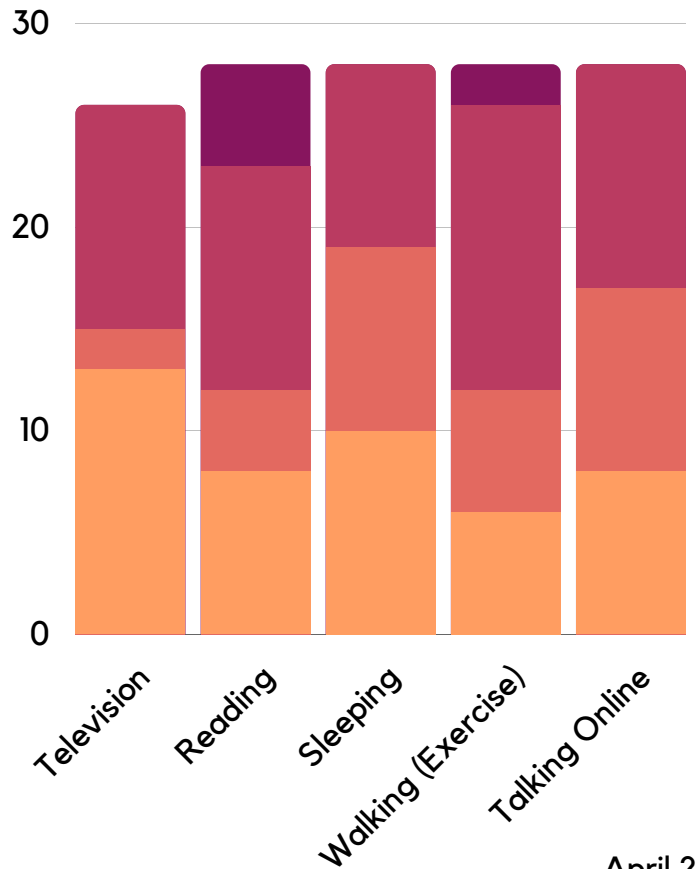
Some, but not others
25%



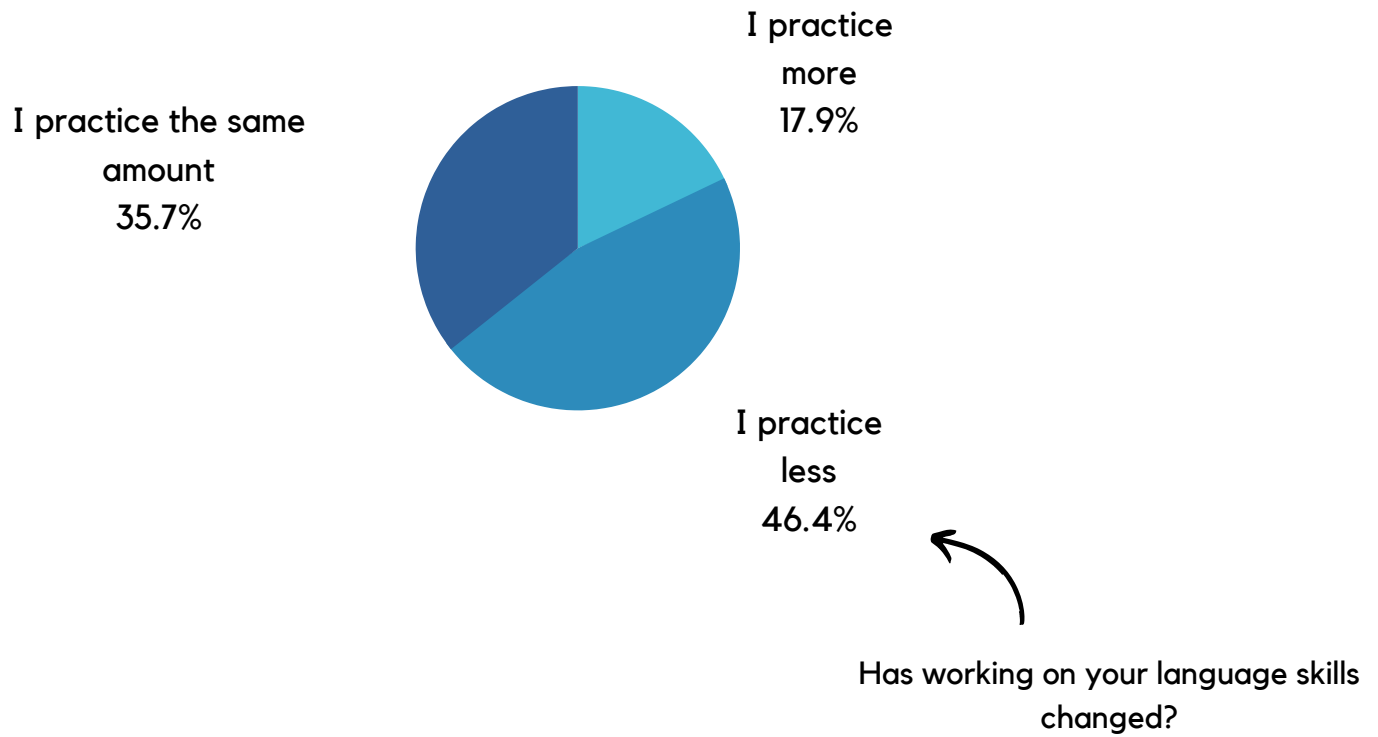
Have your friendships been affected by the pandemic?

How have your activities changed during the pandemic? In the list below, tell us which you're doing more, less, or the same.

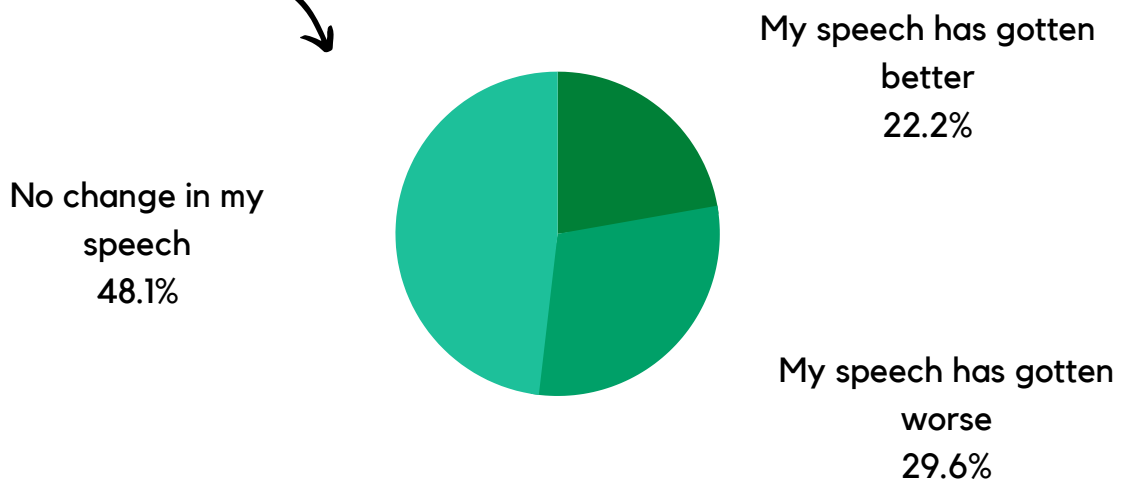
- More
- Less
- Same Amount
- Not Doing



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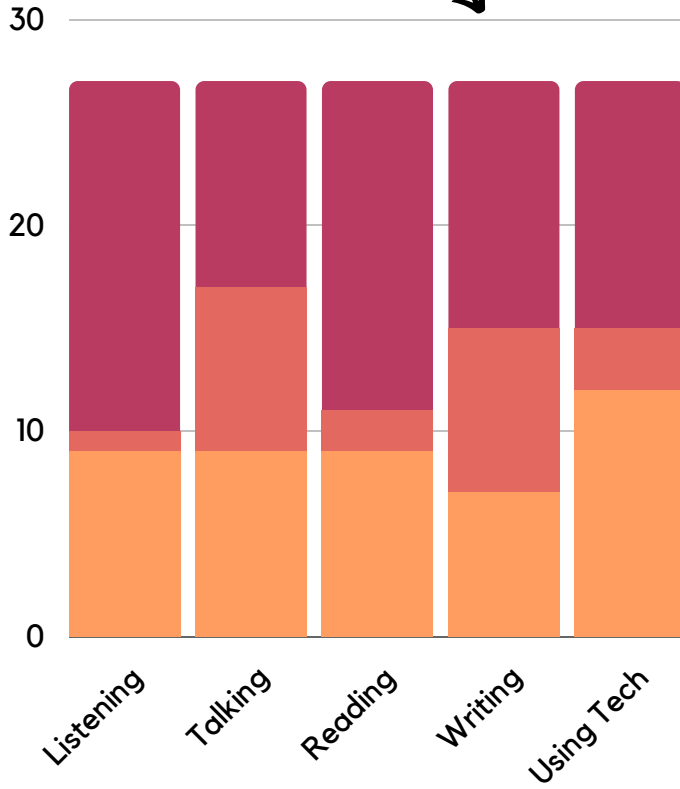
Have your language skills changed during the pandemic?



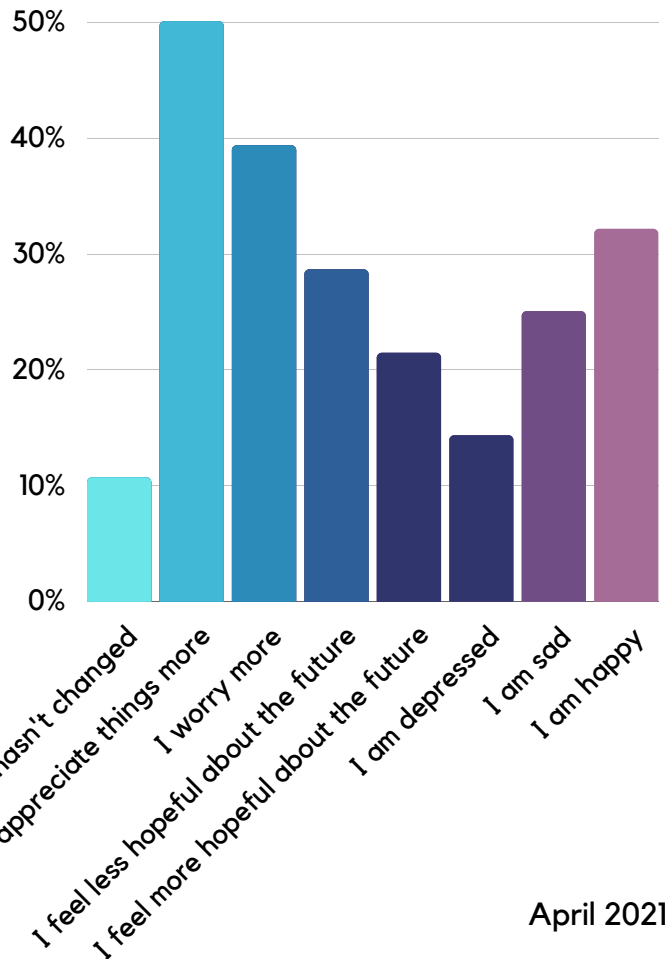
How Has the Pandemic Affected Your Life?

How has each language skill changed during the pandemic?

Better
Worse
No Change



How has your outlook changed during the pandemic? (Check all that apply.)



How Has the Pandemic Affected Your Life?

What do you miss most during the pandemic?



Public interactions

My family

Friends

Going to events, seeing people in person, traveling, visiting friends and family on the other coast, including seeing my big brother before he died!

Restaurants and shopping

Going out with friends, hugging people when meeting, window shopping, drinking coffee at my local coffee place, not worrying so much about catching the virus, talking to neighbors more, etc

The support group I was doing before



No

More time to read

Technology

More time for practicing music

Concentrate on family more, cooking all sorts of recipes, playing with my cats, cycling more

Taking more walks with my dog

Spent more time with cats

Being at home more has forced me to find other things to do. I read a lot more, study things I'm interested in, and find my language/words have increased. I remember more, and the more I remember, the more I want to learn

Have there been any "silver linings" because of the extra time at home during the pandemic?

