

APHASIA TIPS

communicate better

MINDSET

Believe you will find a way to understand. Maintain face to face communication. Observe all nonverbal gestures.

SLOWER NOT LOUDER

Decrease stress by allowing more time for the person with aphasia to respond. Slow down your language when communicating. Pause and chunk statements & questions.

GIVE CHOICES

Offer choices with visuals (either objects or pictures). Verbalize choices to avoid confusion with Yes/No responses. EX: "Do you want cereal or eggs?"

USE NAMES INSTEAD OF PRONOUNS

Use proper names (Sam or Mary) versus pronouns (he, she, they). Pronouns can get mixed up in longer exchanges and the person with aphasia (PWA) can get lost.

GESTURES, DRAWING & GUESSING

Provide pencil and paper. Sometimes a PWA can self-cue by writing either a single letter or word or drawing a picture. Encourage pointing and gesturing. Guess when in doubt.

PRESERVE DIGNITY

A PWA is an adult and every communicative interaction should reflect that level of dignity. Accept imperfection. Take breaks to manage your own frustration and sadness about this communication challenge. Relaxed communication works best.