

COMMUNICATION

MERRIAM WEBSTER:

“the act or process of using words, sounds, signs, or behaviors to express or exchange information or to express your ideas, thoughts, feelings, etc., to someone else”

38%

HAVE COMMUNICATION PROBLEMS AFTER A STROKE



- ▶ **LANGUAGE** | What you understand and say
- ▶ **SPEECH** | How you say things
- ▶ **COGNITIVE COMMUNICATION** | How you plan, organize, remember what you want to say

APHASIA

WHAT YOU SAY AND UNDERSTAND



TALKING

- Words are on the tip of your tongue
- Hard to tell others what you think
- Feels like your tongue is heavy
- Hard to pronounce words



UNDERSTANDING

- Hard to follow the news or TV show
- Hard to follow a conversation
- Feeling left out of conversations
- Need to ask others to repeat what they've said
- Miss details when someone is talking to you

Usually **LEFT** side of brain



Can be **FLUENT** or **NON-FLUENT**



READING

- Takes longer to read
- Get tired when you read
- Reading isn't fun anymore
- Only read the headlines
- Reading magazines instead of books
- Hard to read emails
- Hard to help your kids with their homework



WRITING

- Takes longer to write a letter or email
- Hard to write phone messages
- It's hard to write

SPEECH PROBLEMS | Can be anywhere

HOW YOU SAY THINGS:



DYSARTHRIA | Problems with the muscles of your mouth (execution)



VERBAL APRAXIA | Making your tongue go where you want it to go when talking (programming)

COGNITIVE COMMUNICATION PROBLEMS

PROBLEMS COMMUNICATING BECAUSE OF **COGNITIVE DEFICITS**

- Remembering what was said/read
- Organizing thoughts into words
- Solving problems
- Paying attention



Usually **RIGHT** side of the brain **OR FRONT** of the brain

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WHAT YOU CAN DO

APPLIANCES



- Wear your glasses
- Wear your hearing aids
- Wear your dentures

ENVIRONMENT



- Talk in a quiet place
- Get rid of distractions

TOOLS



- Write down key words
- Draw pictures

STRATEGIES



- Use YES / NO
- Slow down
- Use gestures
- Point to objects, pictures, words
- Be patient
- Use facial expressions

WHAT OTHERS CAN DO

DO



- Slow down
- Ask YES/NO questions
- Assume they understand more than they can tell you
- Check to make sure you understand
- Give them your full attention
- Match your verbal and non-verbal
- Give them support
- Be respectful
- Be honest if you don't understand
- Be patient
- Give them the time they need to communicate



DON'T



- Don't “talk down” to the person
- Don't talk too fast
- Don't yell
- Don't pretend you understand if you don't
- Don't talk for them

TOOLS



Use a pen
and paper



Use a
communication board



Use gestures
(pointing/charades)

TALK TO YOUR DOCTOR AND ASK TO SEE A SPEECH LANGUAGE PATHOLOGIST