

**People with aphasia** are able to communicate.

## Tips for friends and family

### Mindset



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

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### 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.

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### Give choices



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

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### Use names



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.

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### Gestures, drawing, and 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.

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### 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.