



Resources and Recommendations Shared During Speaking Out 2025

The **National Aphasia Association's *Speaking Out 2025*** brought together hundreds of people with aphasia, families, professionals, and friends from around the world. During the sessions, participants filled the chat with wonderful ideas, helpful tools, and community recommendations — proof that the aphasia world is full of creativity and collaboration!

Below is a collection of links and suggestions that came directly from the event chat and panel discussions. While we understand that this list is not comprehensive; we did want to share the organic discussion and input from those attending the live conference. As you may know, the program will be available in a recording format and thus will allow for even more brainstorming from our community.


As we continue to organize and expand this list — please share any ideas you may have for a favorite program, tool, or resource to add. You can suggest this resource through: [NAA Resource Submission Form](#).

General NAA Links

- [National Aphasia Association \(NAA\)](https://aphasia.org) – main website address (<https://aphasia.org>)
- [Find a Provider Directory](#) – providers from across the country (and world) share their program and contact information. We will be adding some new functionality to this directory very soon!
- [Aphasia Marketplace](#) — Find aphasia / NAA swag and gifts to spread awareness
- [Ask the Expert YouTube Playlist](#) - The NAA has a vibrant YouTube channel and a special playlist for Ask the Expert Webinars. These are monthly events and all are recorded. You can search for topic areas (i.e. care partners, mental health, PPA, etc.)
- [Personal Aphasia Stories Playlist](#) – As part of the NAA's 2025 Speaking Out conference, individuals with aphasia have voluntarily submitted personal aphasia

stories. You can find these under our 2025 Speaking Out Conference playlist. We will also be pulling from these for our Voices of Aphasia section of the website.

- [Informercial Playlist](#) - As part of the NAA's 2025 Speaking Out conference, programs/centers have voluntarily submitted a BRIEF Infomercial about their aphasia offerings. You can find these under our 2025 Speaking Out Conference playlist. We will also be pulling from these for our website's Provider Directory in a really creative way!

 **Aphasia Groups and Community Programs** – several comments in the chat referenced aphasia groups/programs. These were a few that were mentioned, ... for more, head to our Provider Directory on the website!

- **Aphasia Recovery Connection (ARC)** — nonprofit providing virtual group sessions and caregiver/family support.
- **Minnesota Connect Aphasia Now (MN CAN)** — in-person and virtual groups; includes a care partner group co-led by a speech-language pathologist and social worker.
- **Shirley Ryan AbilityLab Aphasia Programs** — hybrid in-person/online model based in Chicago, IL.
- **Brook Aphasia Center (BRAC)** — Jacksonville, FL.
- **Aphasia Center of California** — founded by Dr. Roberta Elman, the first nonprofit aphasia center in the U.S.
- **Aphasia Readers** — aphasiareaders.com
 - *Free Fridge Functional Phrases* download: [link](#)
- **Sing Aphasia Choir** — singaphasia.com
 - Related webinar: [Ask the Expert: Sing Aphasia](#)
- **Peer Mindfulness Meditation Practice Group (Free)** — peermindfulness.org
 - Email: contact@peermindfulness.org
- **Hidden Disabilities Sunflower Program** — hdsunflower.com — supports people with hidden disabilities, including aphasia.


Again, these resources were mentioned, but not intended to be an exhaustive list of programs for individuals with aphasia and their families.

Education, Therapy, and Advocacy


- **Life Participation Approach to Aphasia (LPAA)** — focus on living well and participation in real-life activities.
 - **Communication Partner Training** — education for family, friends, and caregivers on communication support. Tactus Therapy has a wonderful article on this: <https://tactustherapy.com/communication-partner-training-cpt/>
 - **Adaptive Sports & Recreation** — explore partnerships with adaptive sports organizations for activity-based recovery. Many communities around the country have Adaptive Sports programs...we can help you locate some in your area.
 - **Volunteer Work as Therapy** — use meaningful work to build confidence and connection.
 - **University Partnerships** — many university speech programs offer research, therapy, and group opportunities.
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Learning Tools and Everyday Resources

- [Aphasia ID Cards](#)
 - [Living Day-to-Day Tips](#)
 - [Parenting with Aphasia](#)
 - [Glossary of Terms](#)
 - [Books, Films, and Podcasts List](#)
 - [Submit a Resource to the NAA Directory](#)
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 **Books and Reading Recommendations** – *Not an exhaustive list by any means, but some books and reading programs that were recommended in the Speaking Out 2025 chat.*

- ***The ABCs of Aphasia*** – Thomas Broussard, Jr., PhD
[Read more](#)
 - ***Identity Theft: Rediscovering Ourselves After Stroke*** – Debra Meyerson
[View on Amazon](#)
 - **Charlotte Rogers, PhD** — *The Liquid Music of Language and When Language is Lost, What Can Be Gained?*
 - **Free Reading Resources:**
 - [literature.com](#) (classic stories and fables)
 - Public libraries — ask for materials for *Adult English Learners*
 - [National Library Service for the Blind \(NLS BARD\)](#)
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 **Podcasts and Media** – The NAA has a special section wherein people can post their resources, including podcasts, YouTube channels, books, apps, etc. Here's a few that were mentioned in the chat. Here's how to find lots more: <https://aphasia.org/books-films-podcasts/>

- **The Slow Road to Better** – real stories about life with aphasia; from the Stroke Comeback Center
 - **Brain Friends Podcast** – brainfriends.buzzsprout.com
 - **The Moth** – storytelling inspiration referenced during Speaking Out; as well as Toastmasters. BU's Sargent Aphasia Lab and Clinic.
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Care Partner and Family Support

- **Care Partner Groups** — available through the NAA, ARC, and regional aphasia centers. Let us help you find one that you can access for you and your family.
- **Shared Tips from the Chat:**
 - Keep a “*Help List*” of tasks for friends or family who offer to assist.
 - Prioritize *self-care without guilt*.
 - Create a *Care Companion Book or Binder* to stay organized.

- **Communication Support Teams** — new NAA initiative to help families and friends support everyday communication. Information on this innovative program that you can build yourself can be found in published articles and on this Ask the Expert webinar edition: https://www.youtube.com/watch?v=lo_jrNaYaJs
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Technology and Apps

- **AI and Aphasia Webinar** — [Watch on YouTube](#) – a wonderful Ask the Expert webinar by Dr. John Pierce and panel.
- **Lingraphica TalkPath News** – communication app.
- **“That’s My Seat” iPhone App** – language practice and social connection tool.

Again, not an exhaustive list, just a compilation of notes from the Chat during the Speaking Out Conference in 2025. See our Resource page for lots more!

Inspiration and Takeaways

“You haven’t recovered from aphasia — you’ve recovered with aphasia.”

“Let go of perfect.”

“Every person with aphasia is different. When you meet one person with aphasia, you’ve met one person with aphasia.”

“Never give up.”