

Conversations that Connect Series – Week THREE

Living Life with Aphasia

Relationships. Roles. Daily routines. Staying connected.

Aphasia is part of your story — not the whole story.

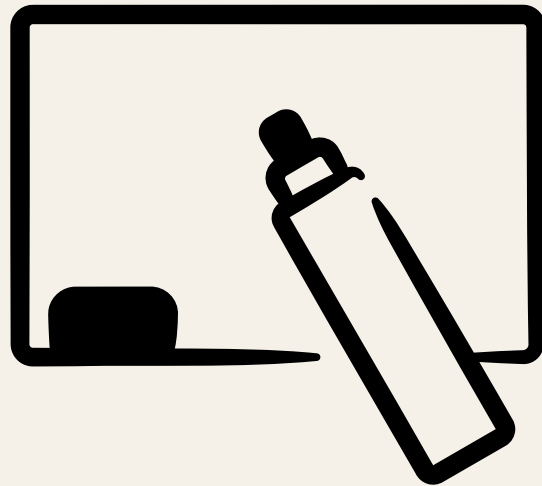
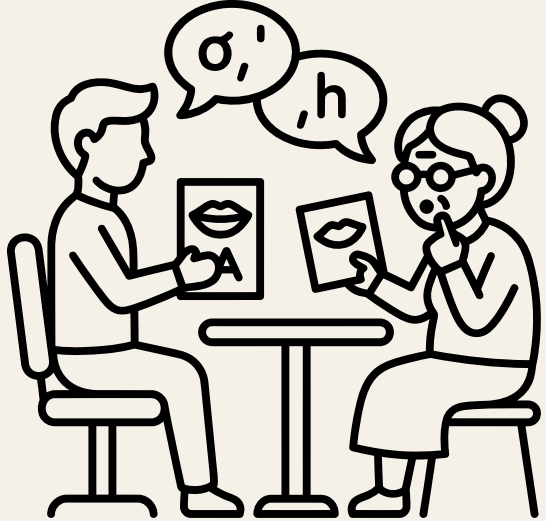


Let's review...

WEEK 1
Understand
aphasia

WEEK 2
Support
communication

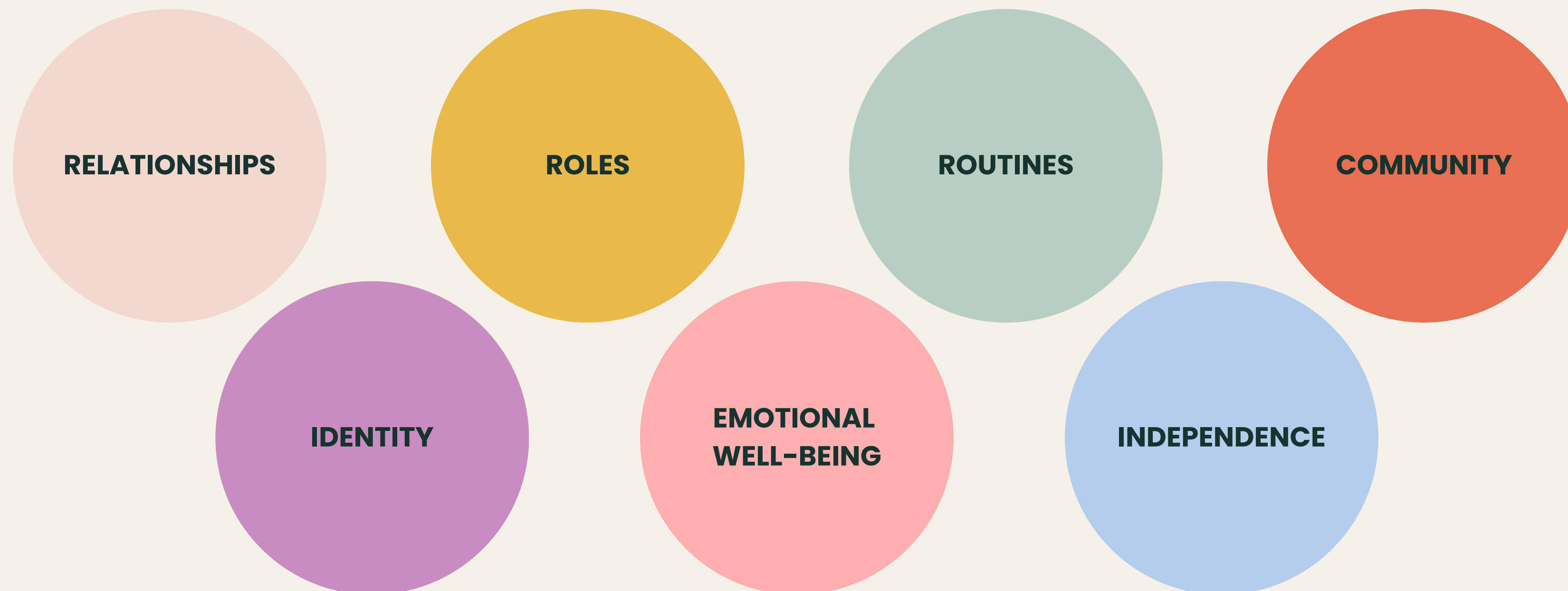
WEEK 3
Everyday life



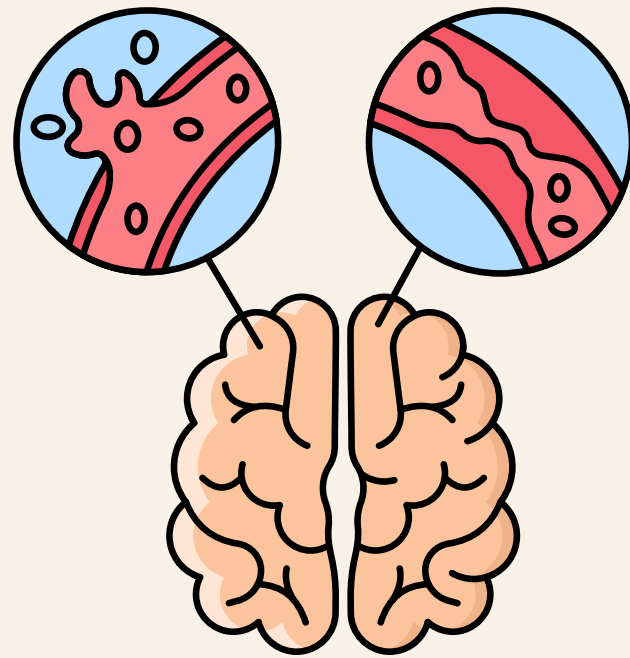
Understand the person. Support the conversation. Support the life.

Aphasia changes more than conversation

When communication changes, everyday life can change too.



What caused the APHASIA?



Stroke



TBI



PPA / PPAOS



Brain Tumor



Infection

Language = Aphasia

**Motor Speech Disorders
(dysarthria / aphasia)**

Hemiparesis

Vision Impairments

Math/Number issues

Spasticity

**Executive Functioning
Challenges**

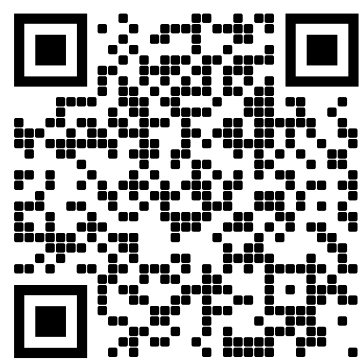
Seizures

**Dysphagia / Swallowing
Difficulties**

Depression/Mental Health

Aphasia changes communication. It does not erase identity.

Same history • Same relationships
Same preferences • Same need to contribute
Same choices • Same need to belong



Stroke Onward – Identity Work



Relationships ...

YOU MAY NOTICE

- Conversations take longer
- Roles shift
- Frustration happens
- Social situations feel harder
- One person begins helping more

WHAT HELPS

- Talk about the changes
- Ask instead of assume
- Make room for independence
- Keep doing things together
- Find new ways to connect

Different does not mean less.

Helping vs. taking over

TAKING OVER

- Answering for them
- Making every decision
- Doing things automatically
- Avoiding activities because they may be difficult

SUPPORT

- Give time
- Offer choices
- Ask permission
- Provide a tool
- Let the person try



Don't speak for the person without permission.

Roles ...

A role may need to change.
It does not always need to disappear.

**Managed
the bills**

**Cooked
dinner**

**Made
the plans**

**Drove
everywhere**

**Helped
the family**

**Fixed
things**

**Kept everyone
connected**

???

Roles are ways we contribute, connect, and belong.

Adapt the role, not just the person



"He can't do the bills anymore."
→ What part can he still do?

"She can't cook anymore."
→ What would help her participate?

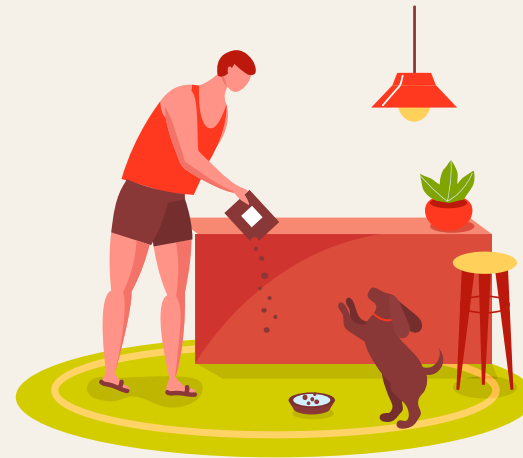
"It's easier if I just do it."
→ How can we do this together?

Participation matters.

Routines ...

- Morning coffee
- Walking the dog
- Grocery shopping
- A favorite show
- Eating together
- Gardening
- Faith, community, and family time

**Reduce stress,
anxiety and saves
mental energy!**



Make everyday life more aphasia-friendly

Change the environment
— not the person.

RESTAURANT

Look at the menu online first

DOCTOR

Write key questions ahead

FAMILY GATHERING

Find a quieter place to talk

SHOPPING

Use a list or pictures

PHONE CALL

Prepare key words

Everyday Activity Guides

 Going to the Doctor	 Going Shopping	 Going to the Bank
 Using Transportation and Getting a Ride	 Ordering at a Restaurant	 Attending a Family Event
 Visiting a Place of Worship	 Going to the Library	 Communicating by Phone or Video Call
 Experiencing an Emergency or Medical Situation	 Parenting with Aphasia	 Print Situational Wallet Cards

LET'S TRY IT

Saturday dinner

Family invites you to a busy restaurant. Your loved one with aphasia wants to go — but noise makes conversation hard.

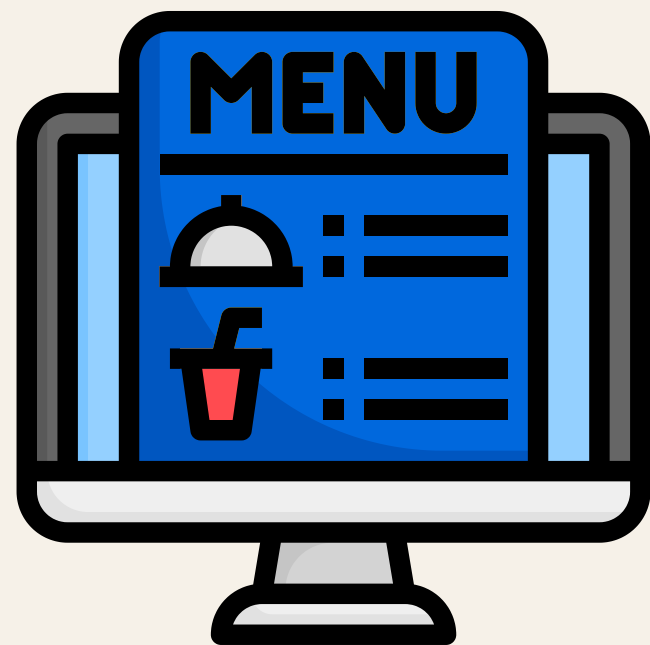


Saturday dinner

Family invites you to a busy restaurant. Your loved one with aphasia wants to go — but noise makes conversation hard.

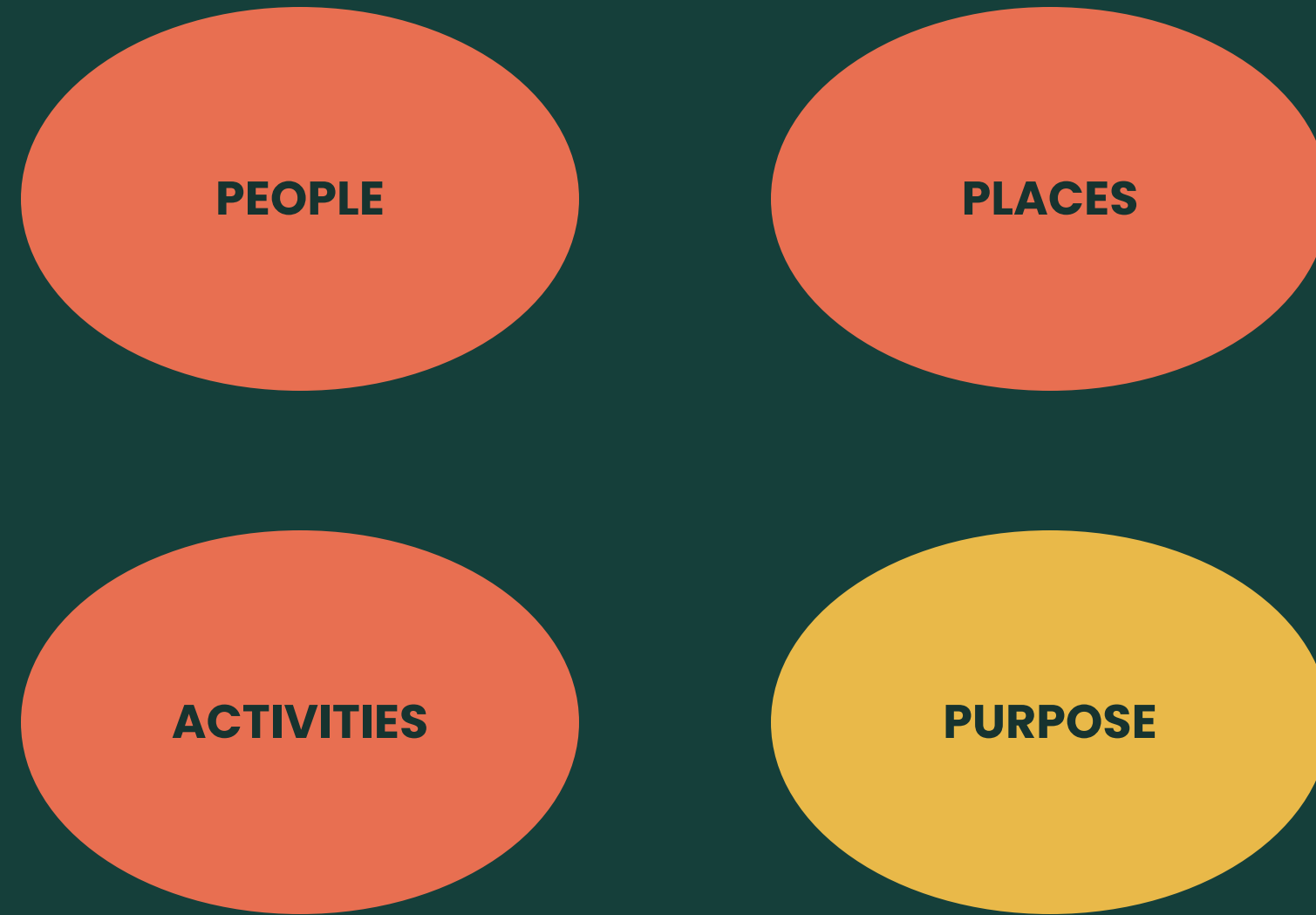
What could help?

- Review the menu ahead
- Ask for a quiet table
- Go earlier
- Bring communication supports
- Help family know what works
- Sit where everyone is visible
- Take breaks



Connections...

Connection is not about
staying busy.
It is about what makes life
meaningful.



Aphasia groups • Peer connections • NAA programs
Volunteering • Hobbies • Faith communities • Friends and family

Make room for both people

You are a partner —
not only a helper.



- Keep shared activities
- Make time for enjoyment
- Talk about things other than aphasia
- Notice what's working
- Allow each person independence
- Ask what support is wanted

What has changed?

What do you miss?

What have you found
a new way to do?



**LET'S TALK
ABOUT IT**