



Royal Berkshire
NHS Foundation Trust

Aphasia

Information for patients,
relatives and carers

Compassionate

Aspirational

Resourceful

Excellent

This leaflet explains what aphasia is, how it may affect you, and what help and support is available for patients with aphasia.

What is aphasia?

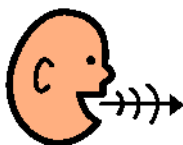
Aphasia is a **language disorder** resulting from damage to the language centres of the **brain**. Common causes include a **stroke**, **head injury**, **brain tumours** and **other neurological conditions**.

How aphasia may affect you



Understanding (called 'receptive aphasia')

- Difficulty following and understanding instructions.
- Difficulty responding appropriately to questions or conversation.



Speaking (called 'expressive aphasia')

- Difficulty finding and using the right words and sentences in conversation.



Reading

- Difficulty reading words, sentences or paragraphs.
- Difficulty understanding the meaning of words.



Writing

- Difficulty writing, texting, or emailing.

Top communication tips for those with aphasia:

- Stay **calm** and take your **time**.



- Use **gestures**.

- Use **body language**.

- Use **writing** and **drawing**.



Friends and family can help by...

- Reducing **background noise** and **distractions**.
- Using **short, simple** sentences or questions – avoid complex language.
- Allowing the person **plenty of time** to respond.
- **Writing down** key words and encouraging use of **gesture, pointing** and **drawing** where beneficial.
- Using **pictures, maps** and **objects** to support conversation.
- Checking that you have understood by **asking Yes /No questions** and **feeding back** what you *think* has been said.

Sources of further support:

- **The Stroke Association** www.stroke.org.uk
- **Different Strokes** www.differentstrokes.co.uk
- **SayAphasia** www.sayaphasia.org

Contact us

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To find out more about our Trust visit
www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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