

# What is Aphasia?

Aphasia is a communication difficulty that is common after a stroke or brain injury. It does not affect intelligence.

## Aphasia can affect:

- **speaking (finding the words)**
- **understanding**
- **reading**
- **writing**

Aphasia affects people differently. Not everyone will have the same problems in these areas. Aphasia can be mild to severe.

## What helps?

You and your family can work with a speech-language pathologist. You will learn tips (strategies) and do exercises to help improve your communication.



## Tips to help with speaking

- take your time
- try to say it a different way
- use gestures or writing to help get your message out

## Tips to help with understanding

- have conversations in quiet places
- ask people to repeat or write things down
- ask people to speak more slowly

## Will I get better?

It takes time to get better after a stroke. You need to practice new skills and learn new ways to help you communicate. Your brain also needs time to recover.

No one knows how long it will take or how much you will recover. We do know that hard work, support and a positive outlook are important.

## For more information contact the Aphasia Institute

Phone: 416 226 3636

## Notes

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