



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.



What is Aphasia?

Aphasia is a **language disorder**. It is sometimes called **Dysphasia**.

Aphasia can cause trouble with **talking, understanding, reading, writing** and **using numbers**.

It **does not** affect intelligence, hearing or memory.

What causes Aphasia?

Aphasia is caused by damage to the brain due to a stroke, brain tumour or other medical condition.

Some people will get better quickly, and will make a full recovery.

Others may take a long time, and may not be able to communicate the way they used to.

How you can help a person with Aphasia

- Use a natural, adult tone of voice
- Use simple language
- Use short, simple sentences, with one idea for each sentence
- Try not to speak too fast
- Give them time to understand what you have said
- Ask questions that can be answered with a YES or NO
- Try writing or using pictures that will help explain what is being said
- Use gestures or pointing

Listening to a person with Aphasia:

- Give them time to talk
- Check that you have understood them (for example ask, “did you say, I’m tired”)
- Try not to correct mistakes
- Help them write things down, draw, or use gesture
- Help them use their communication book or device

Other Tips:

- Talk face to face (not from behind or a far away position)
- Reduce background noises or distractions. For example, turn off the TV or close the door
- Be flexible – try different ways of communicating
- Concentrate on one idea at a time. Don't change topic too quickly
- Acknowledge the person's intelligence
- Summarise and repeat your key messages
- It's ok to say 'I don't understand'
- Allow the person with aphasia to speak for themselves
- Avoid finishing the person with aphasia's sentences for them, unless they have indicated this is ok
- Include the person with Aphasia in conversations (treat them "normally")
- Ensure only one person talks at a time
- If the person with Aphasia becomes frustrated, you may decide together to leave it and try again later

If you have any questions about **Aphasia**, please ask your **Speech Pathologist**

More Information can be found here:

- Australian Aphasia Association website: www.aphasia.org.au Phone: 1800 274 274
- National Stroke Foundation website: www.strokefoundation.org.au Phone: 1800 787 653
- Eastern Health brochure: 'Aphasia' (Information for people with Aphasia)

Eastern Health
5 Arnold Street, Box Hill, Victoria 3128
Phone: 1300 342 255
Website: www.easternhealth.org.au

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If you have any feedback or suggestions on how to improve this information sheet, please contact brochure.request@easternhealth.org.au

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