



Stroke Group Network Conference

Monday 25 - Tuesday 26 September 2023

Rebuilding lives after stroke

Stroke
Association

Housekeeping



Understanding what
communication difficulties are and
how support groups can help

Caitlin Longman - Accessibility Lead, Stroke Association
Janet Rockliffe - Accessibility Assistant and Group Volunteer
Colin Lyall - Say Aphasia Group Founder and Volunteer
Heidi Matthews – Aphasia and Accessible Voices
Jim Wyness – Blyth Support Group Volunteer and Aphasia
and Accessible Voices



Accessibility Team



- Janet Rockliffe

Accessibility Assistant,

Runs Kendal Speakability Group
and stroke survivor

- Caitlin Longman

Accessibility Lead

What does accessibility mean to us?

Accessibility means

making **information, activities,** and the **environment**

sensible, **meaningful,** and **usable**

for **as many people** as possible.

Different accessibility needs



- Mobility
- Vision
- Hearing
- Cognition
- We will be **focusing** on **communication**.
- And on the **needs** of **groups**.



What we will talk about today

1. Stroke and **communication difficulties**
2. Communication **tips**
3. Communication Support **Pack**
4. Additional **resources** for groups





- **14.1 million people** (UK) living with a **disability**.
- **1 in 5 people** (UK) experiencing long-term illness, impairment or disability
- **Anyone** can experience a disability, impairment or long-term illness, leading to **changes** in their **accessibility need**.



Communication difficulties



- About **two thirds** of people have **communication problems** soon after a stroke.
- Some people will have **long-term** communication problems.
- It is **different** for **everyone**.

Types of communication difficulties

There are **3 main types** of **communication difficulties** after stroke.

1. Aphasia
2. Dysarthria
3. Apraxia of speech

Aphasia



- Aphasia is when the **language areas** of your brain are **damaged**.
- About **40%** of people have aphasia **soon after a stroke**.
- It does **not** mean you are **less intelligent**.



Aphasia can cause problems with:



- Speaking.
- Understanding what people say.
- Finding the right words.
- Reading.
- Writing.
- Using numbers

Dysarthria

- A stroke can cause **muscle weakness** in your **mouth** and **throat**.
- This can make it **hard** to **speak, eat** or **drink**.
- Your speech can be **slurred**.
- **Half of all stroke survivors** experience dysarthria.

Apraxia of speech

- Apraxia can make it hard to **coordinate** the **movement** of your **mouth** and **tongue**.
- When you speak, **words** can **sound wrong**.
- You might **know** a **word**, but **not** be able to **say it**.



Other things can affect communication



- Fatigue
- Concentration
- Memory
- Vision
- Hearing problems
- Anxiety



Recovery



- You can **keep recovering** for **years**.
- Communication problems can last a **long time**.
- You will **recover** at your **own speed**.

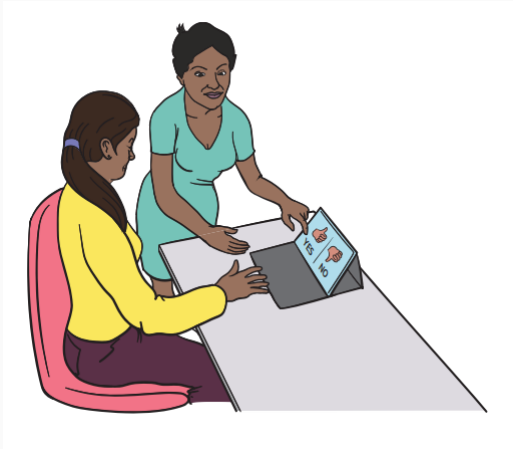


- You might **not go back** to **how you were before** the stroke.

- Learn to **communicate** in **new ways**.

- **Relearn** communication skills.

- **Regain confidence**.



Communication tips



 **CORONATION
CHAMPIONS
AWARDS 2023**

This is to certify that

Colin Lyall

*has been recognised as a Coronation Champion
for their outstanding voluntary work
as part of the celebrations for the Coronation of
Their Majesties King Charles III and Queen Camilla*



Communication Tips

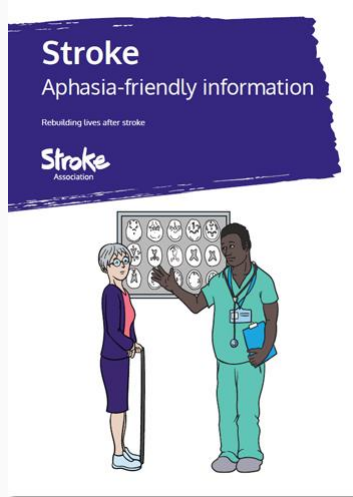
Play Colin Lyall video

Communication Support Pack



- People with aphasia **told us** they wanted:
 - **Aphasia-friendly information**
 - Topics to **understand** their **stroke** and **communication**
 - **Images** to support

Communication Support Pack



- **Two** aphasia-friendly **guides**
- **Stroke**
- **Your communication after a stroke**

Communication Support Pack



- **Communication problems after a stroke guide**
- For families and carers

Communication Support Pack



- Communication **card**



- Optional Communication
Picture Book: Community



Who it is for



- People with **communication difficulties** after a stroke
- And their **family** and **friends**
- **Carers**
- Health care **professionals**



Aphasia and Accessible Voices

Heidi Matthew's video



How to order a copy for your group

- You can only **order one** at a time.
 - **Postal** hard copy
 - **Download** a copy
- **No bulk orders.**
- Order from the **website, helpline** or a **staff member.**





Stroke Helpline open: 0303 3033 100

Supporter Relations: 0300 3300 740

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We're here to support people to rebuild their lives after stroke.

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Learn more about aphasia and communication

Read aphasia-friendly information and watch helpful videos about aphasia and other communication difficulties.

[Learn more →](#)



Order a free Communication Support Pack

Our Communication Support Pack includes accessible information guides and tools to help you communicate with confidence.

[Order your free pack →](#)



Getting online guide

This guide is for people with aphasia and your family and friends. It has information about getting online and using technology.

[Use our useful guide →](#)

Order your communication support pack

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Our communication support pack will **help you**, your **family** and **friends** to learn about **communication difficulties** after a stroke, and give you **practical tools** to use.

The pack is also [available to order in Welsh](#) in our online shop.

Your pack will include:



Communication problems after a stroke – A4 guide

Would you like the additional Communication Picture Book? *

Yes No

How would you like to receive your pack? *

By post By email

Your details

First name *

Last name *

Email address *

How a group might use the pack

- Jim Wyness' video



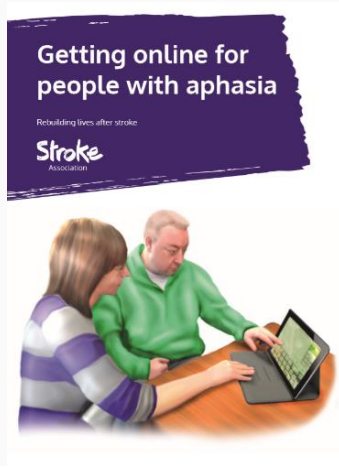
Other resources



- New Communication **toolkit** for **groups**



- New **aphasia videos** on our website



- **Getting online** for people with aphasia

WHEN THE WORDS AWAY WENT



- **Aphasia documentary**

Other resources

- The Tavistock Trust for Aphasia
- **Aphasia Software Finder**





Thank you for listening

Any questions?



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after stroke