

# The APHASIA Journey

## What is aphasia?

### a·pha·sia [uh-fey-zhuh]

Aphasia is a communication disorder caused by stroke or brain injury that affects a person's ability to process and use language.

#### [APHASIA vs VERBAL APRAXIA]

Apraxia is also caused by brain damage but, unlike aphasia, affects the brain's ability to plan motor activities. Many people with aphasia also have apraxia.

#### The Journey Ahead

#### The left side of the human brain

controls the ability to speak and understand language in most people. A stroke on the left side may result in aphasia and affect a person's ability to speak and understand language.



In addition to stroke, other potential causes of aphasia include:

- brain tumors
- head injuries
- infections

There are different types of aphasia:

- Anomic Aphasia
- Broca's Aphasia
- Global Aphasia
- Mixed Nonfluent Aphasia
- Primary Progressive Aphasia
- Wernicke's Aphasia

**80,000** people are diagnosed with aphasia every year.\*

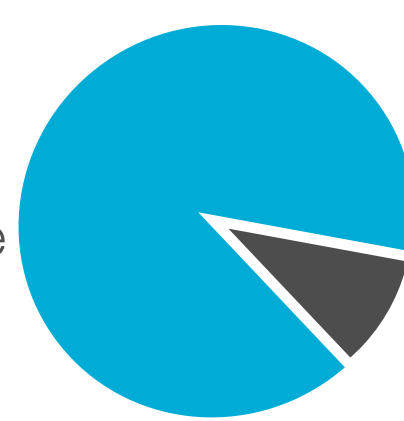
**1,000,000** people have aphasia in the United States.\*\*

Up to **2,000,000** people may have aphasia in the U.S. by **2020**

There are four times as many people diagnosed annually with aphasia than Cerebral Palsy (CP) and Amyotrophic Lateral Sclerosis (ALS) combined.



**85%** of aphasia cases are the result of stroke.



**25-40%** of stroke survivors have aphasia.

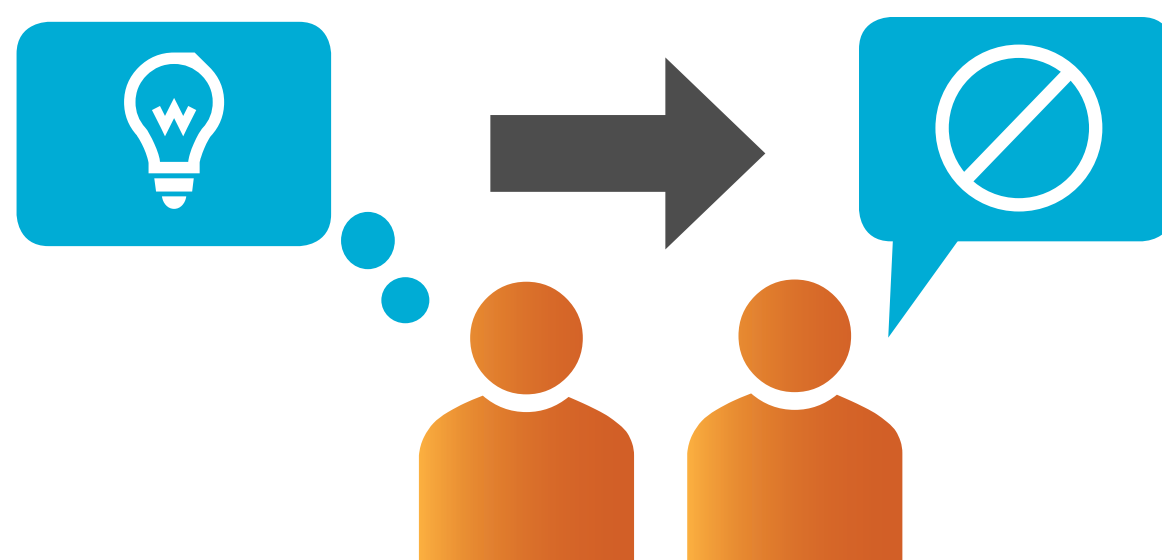


Up to **1,000,000** strokes are estimated to occur in the U.S. each year.

\* National Aphasia Association \*\* American Speech-Language-Hearing Association

#### Accepting the Journey

**Aphasia** is a communication and language disorder, not a reflection of one's intelligence.



**People with aphasia** still want to communicate with other people, but can't find the words.

**There is HOPE:** People with aphasia CAN improve their speech and communication skills - even years after the stroke or brain injury.

**# Whether 30 or 70 years old,** people with aphasia **can** improve their functional communication skills.

Who can play a role on the journey?

**16,000+ SLPs** speech-language pathologists (ASHA-certified SLPs) self-reported they work with adults and listed aphasia as an area of expertise.\*\* SLPs or "speech therapists" are highly trained professionals that evaluate speech and language disorders and offer therapies to remediate them.



Other **professionals** providing support include physicians, occupational therapists and physical therapists.



**Caregivers** are a key component for a person with aphasia who is working to improve their communication skills.

**Up to 40%** of people diagnosed with aphasia will recover within 6 months of their injury.

**Up to 60%** will continue to have language impairments after 6 months.

**8-10 hours of treatment** per week has been shown to improve a patient's progress compared to those not treated.

**Family & friends** who help reinforce speech-therapy sessions help language skills improve more.

**Support Groups** have been shown to help people with aphasia, through guidance, tips, and emotional support.

There are more than **600** support groups for stroke and aphasia in the United States.

\*\* American Speech-Language-Hearing Association

#### Solutions for the Journey

#### ALTERNATIVE & AUGMENTATIVE COMMUNICATION (AAC)

is a term used to describe any mode of communication other than speech.

**Speech-generating devices (SGDs)** are electronic AAC systems used to supplement or replace the speech of those experiencing a language deficiency following a stroke, traumatic brain injury, or illness.



SGDs **can speak on one's behalf** and enable him or her to use pictures, symbols, words, and phrases to create messages.

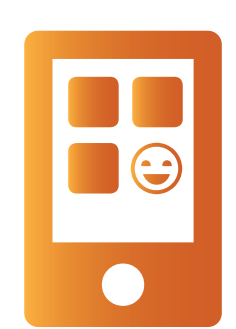


Some SGDs **are made specifically for adults with aphasia**, use age-appropriate icons, and focus on supporting relevant, daily activities and interactions (such as answering the phone, shopping, managing medications, describing ailments, etc.)



There are **900,000+** apps available on the App Store, but fewer than 100 appear in a search for "aphasia" and can be considered **Aphasia apps**.

Not all therapy apps are created equal: Most speech therapy apps are geared toward children. Only a few focus on adults using **age-appropriate vocabulary and icons**.



There are communication and practice apps that are specifically designed to improve **functional communication** for people with aphasia.



A speech-generating device is only effective if the person using it is comfortable with the technology. With Lingraphica, SLPs and people with aphasia can try a speech-generating device before deciding to purchase one.

#### It's time to reconnect with your community.

Connecting with others is critical to the mental and social well-being of someone with aphasia. Understand the journey. Accept the journey. Find solutions that will help you reconnect with your family, friends, and community.

