

People with aphasia
are often left out of
conversations.

Here's what you can
do to **help us join in.**



Speakeasy members, Bev and Halim

Minimise distractions and noise

- It helps if we can sit down together, somewhere quiet.

Speak clearly and don't rush

- Please use short sentences. And say one thing at a time.
- Cut back on detail, where possible.
- And let me know if you are changing the topic.

Consider how you ask questions

- Those needing yes/no or another short answer may be easier.

Keep eye contact and listen carefully

- Please make sure to watch my face.
- Listen with your eyes as well as your ears.

Please be patient

- Allow plenty of time for my response.
- Please don't fill-in words or interrupt. This makes things harder for me.

Try other ways, such as pictures and gestures

- Writing key words can help. So can drawing pictures or diagrams.
- Use gestures as you usually would.
- Photos can help. Technology is good for this.

Give feedback and recap

- Check regularly that we are both following the conversation.
- And please let me know if you don't understand.

Each person with aphasia is different.

Feel free to ask what helps me in particular.

Thank you for your patience and understanding.



We're here to help everyone affected by aphasia. Find out more overleaf.

Supporting better conversations

Aphasia is...

...a communication disability caused by damage to the brain, often after a head injury or stroke.

Around 300,000 people in the UK are living with aphasia. While their intelligence is unaffected, many have **difficulty speaking, following conversations, reading, writing, and using numbers**. This makes it hard to join in, which can be a frustrating and lonely experience.

We can all help by giving time and consideration to people with aphasia - and by following the simple guidance set out overleaf.

Speakeasy is...

...an award-winning charity dedicated to improving the lives of people affected by aphasia.

We offer **information, support, and meaningful opportunities** to help people with aphasia reconnect with others - and the world around them. We also support their **partners and carers**.

Everything we offer is co-created by people with direct experience of aphasia and speech and language therapists. Our services are **purposeful, imaginative and highly effective**. And we're particularly good at supporting people to join in when communication is difficult.

'Conversations with us, not around us'

Speakeasy member, Janet

If you need help, or you or your team require training or support with improving communication skills, please contact us.

If you can offer help by volunteering, donating, making a gift in kind, or partnering with us, we'd love to hear from you.

Call: **01706 825 802** to leave us a message.

Email: **office@speakeasy-aphasia.org.uk**

Or visit our website at **speakeasy-aphasia.org.uk**

