

# Aphasia Ireland



An introduction to Aphasia and  
Aphasia Ireland's services.



Registered Charity Number CHY1-20043



@aphasia\_Ireland

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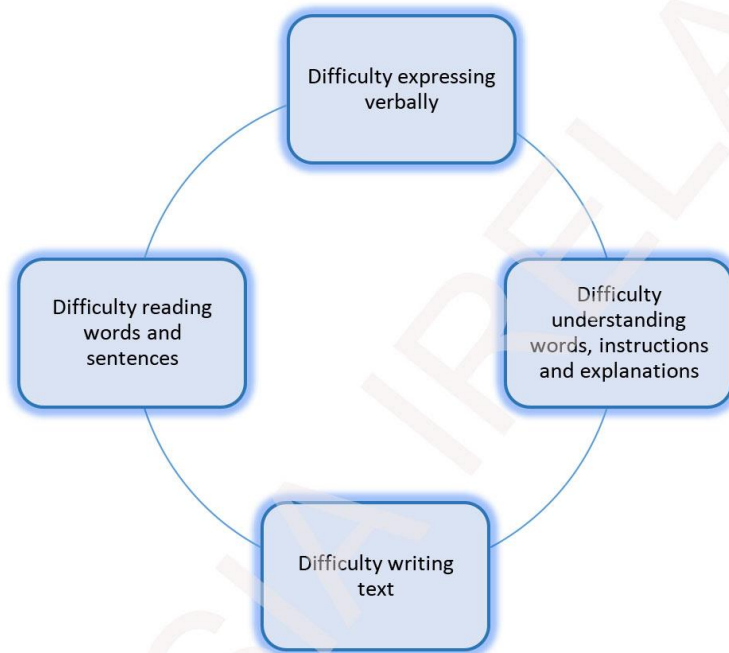
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*Please note that you should not consider this booklet as a substitute for Speech and Language Therapy. Please seek advice from your Speech and Language Therapist regarding your individual case and management plan.*

# 1. What is Aphasia?

Aphasia is an acquired communication disorder which affects the language centre of the brain, usually located in the left hemisphere. Aphasia can result in impairments in speaking, understanding, reading and/or writing.



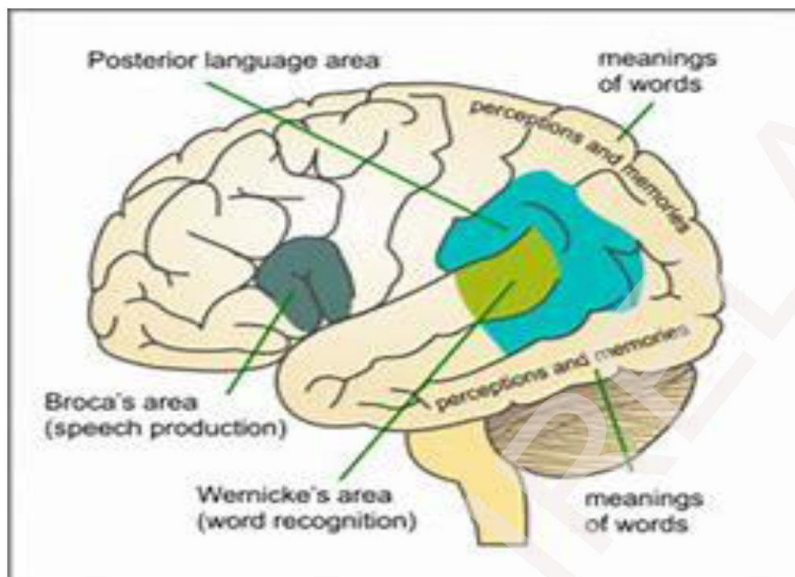
## Causes of Aphasia:

Stroke, Traumatic Brain Injury, Brain Tumours, Brain Infections or Degenerative Neurological Conditions

## How many people have Aphasia?

To date, the incidence and prevalence of Aphasia in Ireland is unknown. Approximately one third of people who have a stroke experience some form of Aphasia in the UK (State of the Nation Stroke Statistics, 2017).

The nature and severity of Aphasia depends on the area(s) of the brain affected.



Aphasia types can be broadly broken into two groups:

- *Expressive Aphasia* or *Non-fluent Aphasia*: Difficulty in expressing oneself verbally and in writing.

- *Receptive Aphasia* or *Fluent Aphasia*: Difficulty understanding spoken words and text.

However, most people with Aphasia will experience some degree of difficulty with both expression and comprehension.

## A summary of the common Aphasia Types

### **Broca's Aphasia (Expressive Aphasia)**

- Difficulty finding words.
- Difficulty verbalising and writing words and sentences.
- Slow, non-fluent, halting speech.
- May use wrong words and sounds.
- Relatively intact understanding.

### **Wernicke's Aphasia (Receptive Aphasia)**

- Difficulty comprehending words and sentences.
- Difficulty reading and understanding written text.
- Relatively fluent speech that contains additional unnecessary words.

### **Global Aphasia**

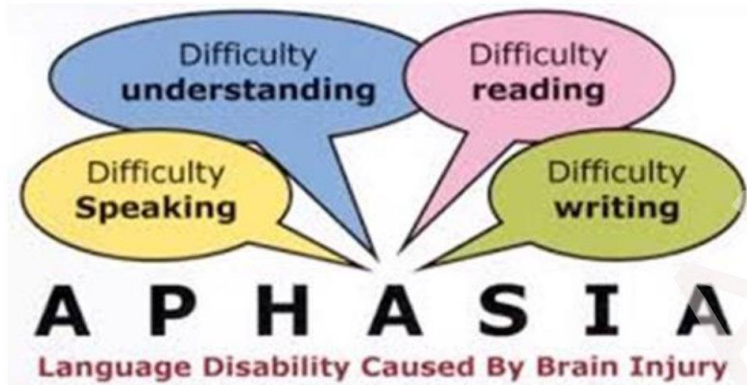
- Severe impairment in all domains of verbalising, understanding, reading and writing.
- May have very few or no words.

### **Primary Progressive Aphasia**

- Language capabilities become slowly and progressively impaired in line with degenerative neurological conditions such as Dementia.

### **Anomic Aphasia**

- Isolated difficulty in naming.
- Relatively intact understanding.



*“People just don’t understand what I’m saying..”*

*“I find it so difficult to express myself...”*

*“I get so annoyed that I can’t communicate the way I always could..”*

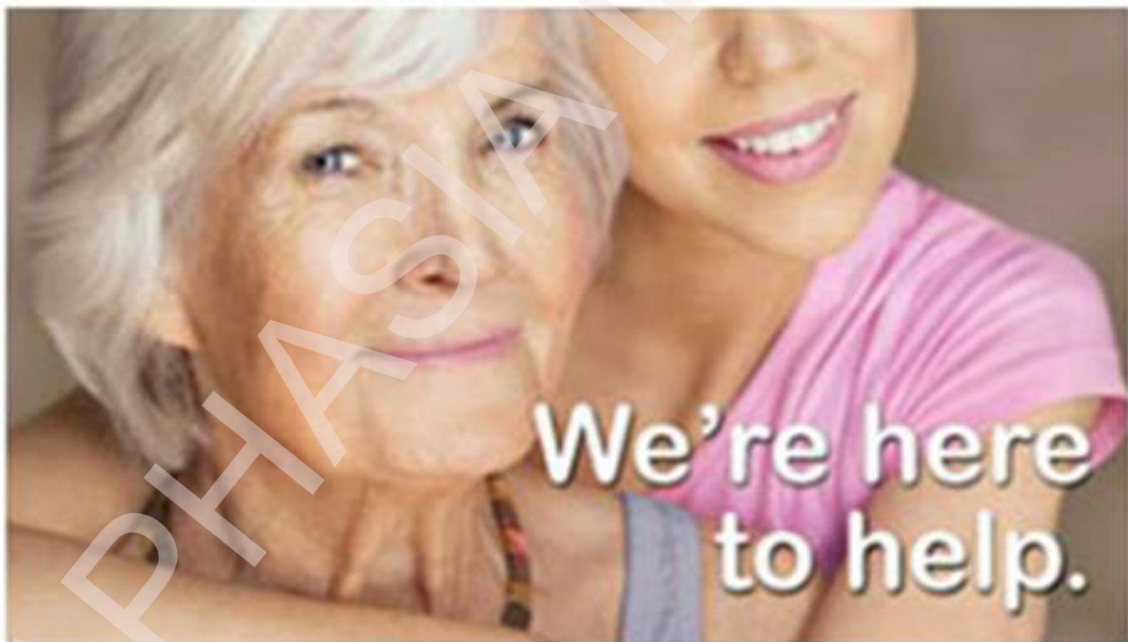
*“Since my stroke I just cant seem to put a sentence together..”*

*“I used to love having a chat, but now I live in a silent world..”*

*... We’re here to help.*

*“It’s our aim to assist people with Aphasia and their carers to live a more fulfilling life by providing Speech Therapy and the Helping Hand”*

Aphasia Ireland’s Mission statement



## 2. Aphasia Ireland's Services

**Aphasia Ireland** is a registered charity formed in 2013 which aims to raise public awareness of Aphasia and provide support for people living with Aphasia and their carers. To date, we are the only charity solely dedicated to Aphasia in Ireland.

### **Our aims:**

- ✓ To raise public awareness of Aphasia and the challenges faced by those with the condition.
- ✓ To provide support and services to people living with Aphasia in the form of support groups and Speech and Language Therapy programmes.
- ✓ To build on, develop and enhance the current Aphasia services available in Ireland by liaising and working with partner organisations.
- ✓ To advocate for and secure funding to conduct research in the area of Aphasia.



# Aphasia Ireland's Programmes

## Helping Hand Programme

Provide Speech and Language Therapy services to people living with Aphasia who may not be currently receiving Speech and Language Therapy services.

Voluntary Speech and Language Therapists provide therapy programmes on a weekly basis for 6-10 weeks.

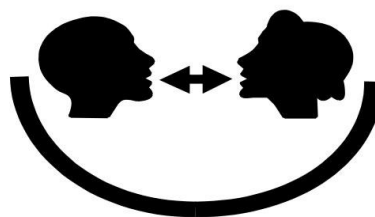
Aphasia Ireland accepts referrals from Healthcare Professionals in the public and private sector.

## Support Groups

Provide monthly support groups in the Dundrum and Dun Laoghaire centres for people and their carers living with Aphasia.

To arrange additional social and fundraising events for people living with Aphasia and their carers.

People wishing to avail of and participate in the support groups can contact Aphasia Ireland directly.



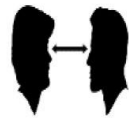
### 3. Communication tips for people with Aphasia

#### To assist in understanding:

-Reduce background noise and distractions



-Keep eye contact



-Aim for one-on-one conversation



-Speak clearly and slowly and use one sentence or question at a time



-Ask yes/no questions instead of open-ended questions



-Use gestures, pictures and/or items in addition to words to assist with understanding



-Check that the person has understood what you have said before moving onto the next topic



## To assist in expression:

-Limit conversation if feeling tired



-Encourage communication in multiple ways e.g. gesturing and miming, pointing, using facial expression.



-Give the person ample time to respond, do not try and finish their sentence.



-Do not pretend to understand if you cannot.



-Clarify with the person that you are speaking with that this is what they mean to say e.g. rephrase.



# Aphasia Ireland



If you are interested in volunteering with Aphasia Ireland, wish to refer a client with Aphasia to our services or want to find out more about the organisation please call 01- 7642200 or email [info@aphasiaireland.ie](mailto:info@aphasiaireland.ie)



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All donations are appreciated.

Please visit us at :

[www.aphasiaireland.ie](http://www.aphasiaireland.ie)



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