

Tips for Caregivers of People with Aphasia

1. Make sure you have the person's attention before you start speaking.
2. Reduce background noise, including noise from radios, TVs, traffic, etc.
3. Keep your voice at a normal level; the person is not hearing-impaired.
4. Don't "talk down" to the person. Speak slowly and clearly in simple, direct sentences.
5. Give the person time to respond and try not to finish their sentences.
6. Try using written words, gestures, drawings or even photos to help the person understand what you are saying. The person can also use a pen and paper to write or draw to help them communicate.
7. Confirm that the person understands what you're saying or asking by using "yes" or "no" questions.
8. Praise the person's efforts. Anyone can mispronounce words or use words incorrectly.
9. Keep the person involved in day-to-day activities as much as possible. Try not to exclude them from group conversations.
10. Try not to be overprotective of your loved one. It seems kind, but it can be very isolating to the person. Allow the person to be as independent as possible.

Source:

Parrot Software, Effective Treatment for Aphasia and Brain Injury. Compliments of St. Elizabeth Hospital.

