

APHASIA RESOURCE PACKET

UB Adult Language Network Lab

Aphasia affects a person's ability to communicate.

Aphasia impacts all areas of a person's life, including relationships.

This packet has resources to help you navigate living with aphasia.

- Aphasia Support Groups
- Speech-Language Therapy
- Mental Health Information
- Aphasia Resources
- Care Partner resources

Aphasia Support Groups

The Aphasia Group – University at Buffalo

- Have conversation and practice communication skills
- Contact: Molly Holcombe, holcombe@buffalo.edu

Aphasia Support Group: Stroke and Hope - Buffalo State College

- Connect with others and practice communication skills
- Contact: Deborah Insalaco, (716) 878-5319

Aphasia Recovery Connection - Online

- Daily online meetings to connect and socialize
- Website: <https://aphasiarecoveryconnection.org>



Speech-Language Therapy

People with aphasia benefit from speech-language therapy, even if they've had aphasia for a long time.

Your voice matters!

Goals for therapy are based on test results and client preferences.

Speech-language therapy can help you meet your communication goals, including

- improving your quality of life
- participating more fully in activities

University at Buffalo Audiology and Speech-Language Pathology Clinic

- Individual and group speech, language, and hearing services
- Phone: (716) 829-3980
- Website: <https://arts-sciences.buffalo.edu/cds/clinics.html>

Neuro Speech Solutions

- Speech-language and cognitive therapy located in Amherst, NY
- Phone: (716) 817-8855
- Website: <https://www.neurospeechsolutions.com/>

Buffalo State College Speech – Language and Hearing Clinic

- Individual and group speech, language, and hearing services
- Phone: (716) 817-8855
- Website: <https://speech.buffalostate.edu/speech-language-hearing-clinic>

Buffalo Hearing and Speech Center

- Offer speech and hearing services for adults
- Phone: (716) 885-8318
- Website: <https://askbhsc.org/>



Intensive Aphasia Therapy Programs

Intensive aphasia therapy allows for a lot of practice over a short period of time

Intensive Aphasia Clinic

- A summer program at Buffalo State College
 - 4 weeks, 4 days/week
 - 2 hours of treatment each day (individual and group)
- Contact: Deborah Insalaco at (716) 878-3530
- Website: <https://speech.buffalostate.edu/intensive-aphasia-clinic>

Spaulding - Intensive Comprehensive Aphasia Program

- A fall program in Charlestown, Massachusetts
 - 5 weeks, 4 days/week
 - 8 hours of treatment each day with breaks (individual and group)
- Contact: SHIPSCAP@partners.org
- Website: <https://www.mghihp.edu/ipc/aphasia-center/aphasia-programs>

Shirley Ryan AbilityLab - Intensive Comprehensive Aphasia Program

- A quarterly program in Chicago, IL
 - 4 weeks, 5 days/week
 - 7 hours of treatment each day with breaks (individual and group)
 - Offered in Winter, Spring, Summer, and Fall
- Contact: (312) 238-1273
- Website: <https://www.sralab.org/research/labs/aphasia/projects/intensive-comprehensive-aphasia-program>

Mental Health Information

Aphasia can impact your mental health.

Many people with aphasia experience:

- depression
- anxiety
- stress

Mental Health Advocates of WNY

- find mental health services and support groups
- get help navigating the mental healthcare system

Website: <https://mhawny.org>

Phone: (716) 886-1242

KarenMarie Kauderer Mental Health Counselor

- Experienced with post-stroke aphasia

Call: 716-912-5130

Email: kkauderer@roadrunner.com

Aphasia Resources



General information, resources, and services:

National Aphasia Association

- Website: <https://www.aphasia.org>

Aphasia Recovery Connection

- Website: <https://aphasiarecoveryconnection.org/>

American Speech-Language-Hearing Association

- Website: <https://www.asha.org/public/speech/disorders/aphasia/>

Podcasts:

Listen for Life podcast

- Knowledge, inspiration, resources, and support for people with aphasia and their care partners
- Website: <https://listenforlifepodcast.com/>

Happy Healthy Caregiver podcast

- Caregivers share how to be happy and healthy while caring for others
- Website: <https://happyhealthycaregiver.com/podcast/>

Books:

Talking about Aphasia

edited by Susie Parr, Sally Byng, and Sue Gilpin

Stronger After Stroke: Your Roadmap to Recovery

by Peter G. Levine

Climbing the Mountain, My Stroke of Luck

by Kirk Douglas

Do It One-Handed: A Manual of Daily Living Skills for Stroke Rehabilitation

by Susan Cohn

Identity Theft: Rediscovering Ourselves after Stroke

by Debra E. Meyerson and Danny Zuckerman

Care Partner Resources

Caring for a loved one can be demanding. Caregivers can feel overwhelmed and sometimes neglect their own needs.

To help your loved one with aphasia, you must also take care of yourself!

Family Caregiver Alliance

- Offer programs at local, state, and national levels for caregivers, including online support groups
- Website: <https://www.caregiver.org>

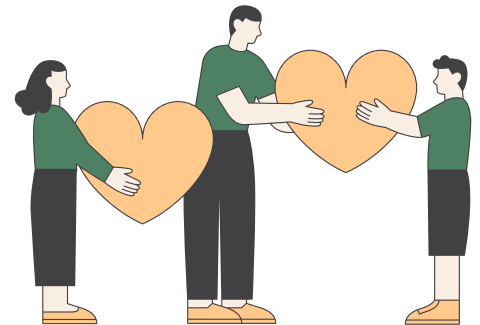
National Alliance for Caregiving

- Provide support to caregivers and advocates for the needs of caregivers
- Website: <https://www.caregiving.org>

The Well Spouse Foundation

- Supports partners of the chronically ill and/or disabled
- Website: <https://www.wellspouse.org>

Create a care community to reduce the burden on any one care partner! You might find "team members" in your family, friends, or communities.



Share the Care

- Provides a road map on how to form a caregiver team
- Website: <https://www.sharethecare.org>

Lotsa Helping Hands

- Website and phone app to coordinate care among friends, family, colleagues, and neighbors
- Website: <https://www.LotsaHelpingHands.com>

Caring Bridge

- Website and phone app to keep loved one's updates and connected during difficult times
- Website: <https://www.caringbridge.org>



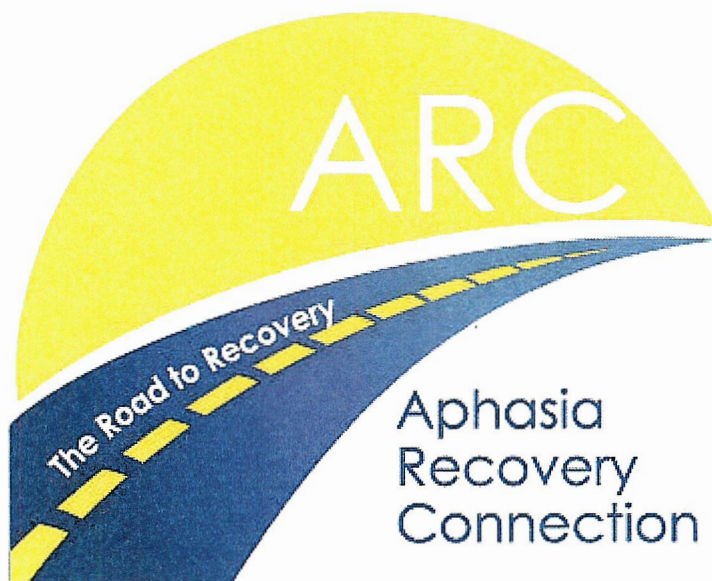
National Aphasia Association

aphasia.org

The **mission** of the NAA is

- to promote public awareness and understanding of aphasia,
- to promote research that improves the lives of people with aphasia, and
- to provide support to all persons with aphasia and their caregivers.

Offering virtual meet-ups, resources, and service provider directory.



ARC helps to end the isolation of aphasia!

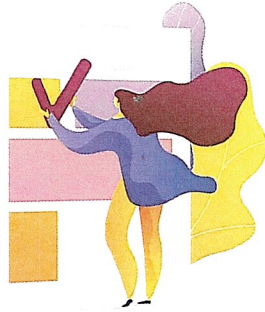
The **mission** of ARC is to make a difference in the lives of people with aphasia and their care partners by **learning, sharing, and connecting** together.

Offering virtual meet-ups, aphasia cruises, and resources.

aphasiarecoveryconnection.org

APHASIA

CAREGIVER COMMUNICATION TIPS



- 1** Speak slow and provide extra time.
- 2** Encourage singing and melodic language.
- 3** Ask simple questions and provide choices.
- 4** Reduce background noise and distractions.
- 5** Try not to finish your loved ones thoughts for them.
- 6** Encourage use of pointing and nonverbal gestures.
- 7** Allow extra time to process messages and respond.
- 8** Use symbols, pictures, and/or objects when possible.



UB Communication Recovery Collective

Who we are

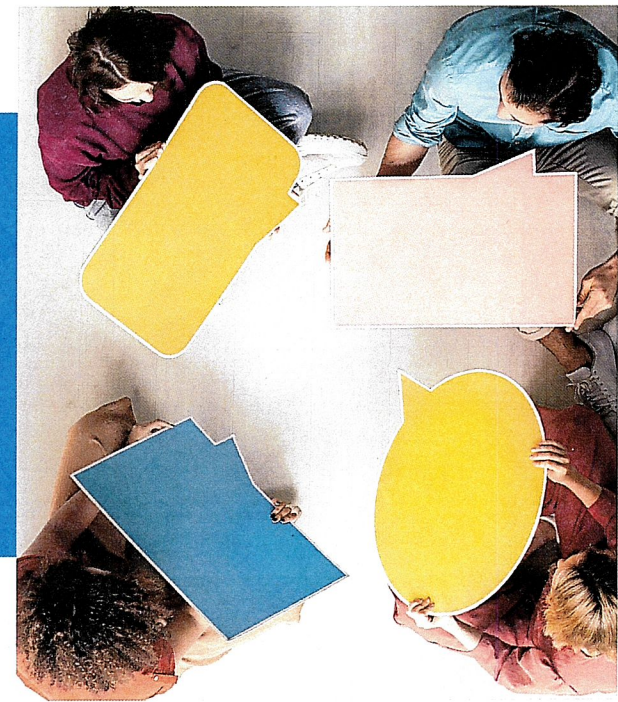
The UB Communication Recovery Collective (CRC) is a community program hosted by the UB Department of Communicative Disorders and Sciences. The program offers communication support classes for survivors of stroke and brain injury, with the goal of helping program members participate fully in their everyday lives.

Communication support classes offered by the UB CRC are facilitated by students in the UB Department of Communicative Disorders and Sciences.

Communication Support Classes

The UB CRC offers communication support classes to members on a semester basis. Group offerings are designed to meet member communication needs and interests.

For the Summer 2024 Semester, the UB CRC is pleased to offer Summer Coffee Talk, which is a communication group that meets once a week to communicate at a conversational level over coffee & tea. Additional support classes will be announced for Fall of 2024.



Get Connected!

To enroll in the UB CRC, please contact Molly Holcombe to complete enrollment paperwork:

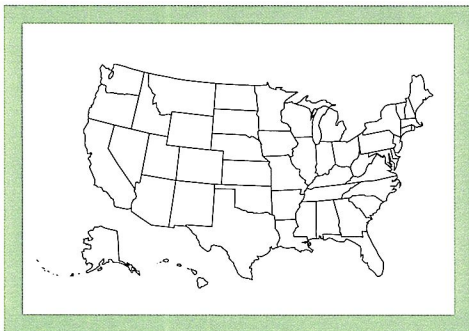
holcombe@buffalo.edu
716-829-5532

UB CRC Benefits

1. Practice communication skills in a supported setting, focusing on topics and skill areas that matter to you
2. Connection to other stroke and brain injury survivors
3. Have a space to get additional communication practice outside of traditional speech therapy
4. Have a fun experience!

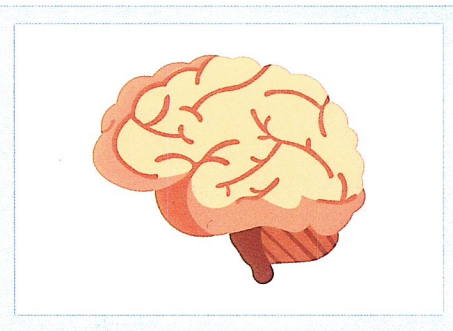
Aphasia

A language disability affecting speaking, understanding, reading and/or writing.



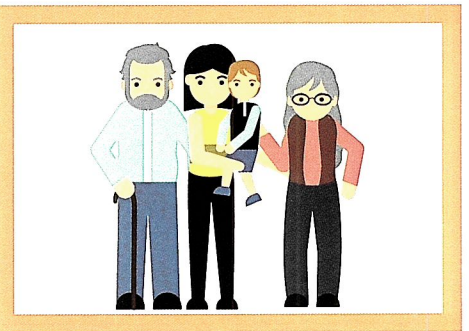
**2+ million
Americans live
with aphasia**

180,000 Americans
acquire aphasia
each year.



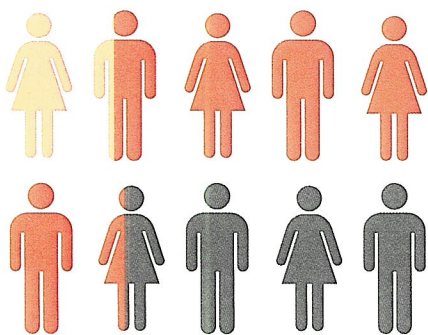
**Stroke on the
left side of the
brain is a
common cause**

1/3 of strokes result
in aphasia



**Most people are
middle-aged or
older.**

However, anyone
can acquire it,
even children.



How many people are aware of aphasia?

2016

- 15% have heard the term *aphasia*
- 9% properly identify aphasia as a language disorder

2022

- 68% have heard the term *aphasia*
- 40% properly identify aphasia as a language disorder

Recent news of
Bruce Willis'
diagnosis likely
contributed to a
significant
increase in
aphasia
awareness

Aphasia affects all areas of life.

Participation

- Activities in and out of the home
- Relationships with family and friends
- Roles and responsibilities
- Conversations

Environment

- Services, systems, and policies
- Attitudes of others to you and the aphasia
- Help with communication

Personal

- Your sense of identity
- Your self-esteem
- Your feelings and mood
- The future

Treatment is available

- Work one-on-one with a speech-language therapist.
- Join a support group. Learn and share with others.
- Practice skills through digital therapy apps.
- Participate in research studies to help scientists improve aphasia treatment.

Local support for aphasia

Individual and group therapy:

- University at Buffalo Audiology and Speech-Language Pathology Clinic
716-829-3980
- Buffalo State Speech-Language-Hearing Clinic
716-878-3530
- NeuroSpeech Solutions
716-817-8855 or info@neurospeechsolutions.com

Research opportunities:

- University at Buffalo Adult Language Network Lab
716-829-5546 or ubalnlab@buffalo.edu



Recruiting Persons with Aphasia

- Free speech and language assessment
- Brief communication partner training
- Learn about new aphasia research studies

Eligibility:

- Persons with aphasia
- At least 3 months post-onset of aphasia

What will you do:

- Complete speech, language, and cognitive tests
 - name pictures and read words
 - recall digits and complete puzzles
- Fill out health questionnaires
- Learn strategies to improve communication

Where and for how long?

- UB South Campus or Online
- Two sessions, each lasting up to 3 hours

Interested?

- Call: 716-829-5546
- Email: ubalnlab@buffalo.edu
- Study name: Aphasia Testing

