

COMMUNICATING AFTER A STROKE

Nobody
understands
me.....

Life
goes on



* Frustrated

Information for Stroke Survivors and their families by
Stroke Survivors from the Harlow Communication
Group.

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1) What is a stroke?

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What is a Stroke?

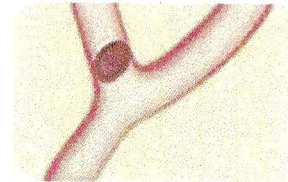
A stroke affects the brain

It happens when the **blood supply** to the brain is reduced.

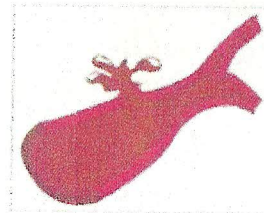


This can happen in two ways:

1. Blockage



2. Leakage



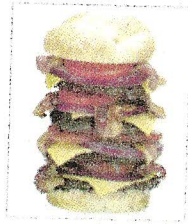
Brain feels like its shutdown

Risk factors & prevention

- Smoking



- Fatty foods



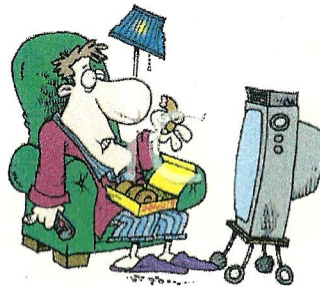
- Heart attack



- Drink

- Age

- Lack of exercise



- Family - genetics



- Stress

- Random!

Also Medical reasons e.g Blood Pressure, A/F, Diabetes, Hypertension, and T.I.A.

Communication Problems

SPEECH

- My speech is not clear
- I get stuck on certain words
- I can only say a few words
- I know what I want to say, but sometimes I can't get the words out



UNDERSTANDING

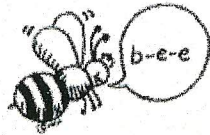
- Sometimes it's difficult to understand people
- Others talk too quickly
- It is difficult to follow conversations



Communication Problems

WRITING

- Spelling is difficult
- Planning what to write can be difficult
- I can write some letters



READING

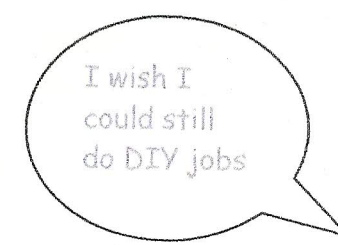
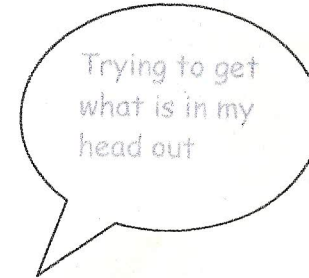
- I have difficulty with long or complicated words, e.g. "Environmentalist today discovered..."
- Sometimes I have to read it again because it did not go in the 1st time
- It can take me a long time



Personal accounts

I miss...

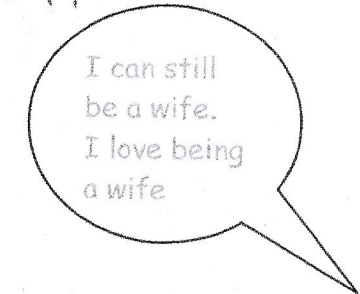
WHAT DO I MISS, INDEPENDENCE!



I MISS EVERYTHING

I can still....

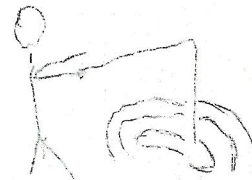
I CAN STILL HELP OUT



Before my stroke...

After my stroke...

Watching Fishing on the T.V



Top 10 Communication Tips

1. Have **patience**

2. Allow me **time** to talk



3. Shouting does not help me understand – talk to me in a **relaxed** way



4. **Listen** to what I have to say

5. Use **props** (e.g. pictures, maps, photographs) to help me understand

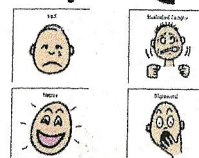


6. Do **not speak too quickly**, it takes me a little longer to understand

7. Have a **pen and paper** to hand to help me communicate in another way



8. I can use **gestures, drawing** and **facial expression** to help me get my point across



9. Check my **understanding**

10. I might have a **communication aid**. Use it!

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