



Aphasia Center of California

Resource Packet

Welcome to the ACC!

We are so glad you're here. We believe **life doesn't stop with aphasia.**

We're here to help you stay connected, communicate, and live a full, meaningful life.

You are not alone.

You are part of a **supportive community** that understands aphasia.



Contact information:

 **Email:** info@aphasiacenter.org

 **Phone:** (510) 336-0112

 **Website:** www.aphasiacenter.org

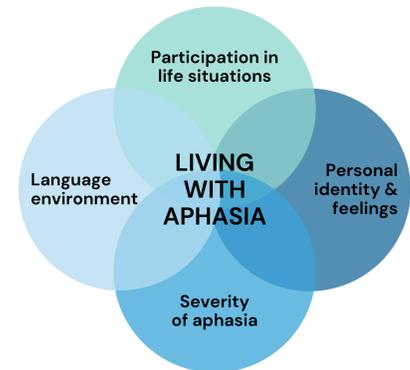


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About the ACC

- Started in **1996** by **Dr. Roberta Elman** as the first independent aphasia center in the United States.
- Groups are based on the **Life Participation Approach to Aphasia (LPAA)**, which emphasizes being involved in your family, community, and interests.



A-FROM (Kagan et al., 2008)

- We have **different** types of **communication groups** for people with aphasia located in **California**.



What we do:

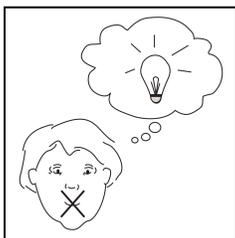
- ✓ Support all types of **communication** in a **group** setting
- ✓ Increase **confidence** 
- ✓ Provide a **community** for people with aphasia 
- ✓ Educate and **support care partners** and families

We do not:

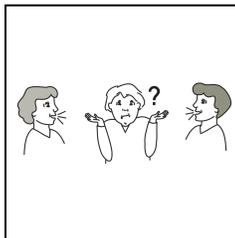
- ✗ Work on **perfect pronunciation** of sounds or words
- ✗ Focus on **impairments**
- ✗ Give traditional **“homework”** or provide classroom-style instruction

What is aphasia?

Aphasia is a language disorder that can make it **hard to:**



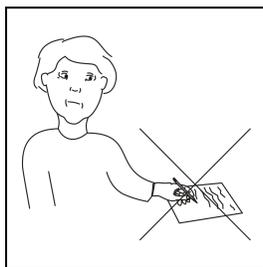
Speak



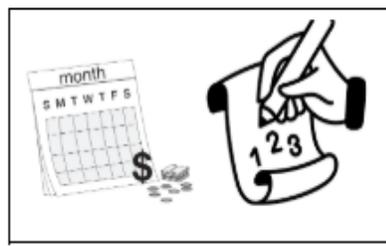
Understand



Read



Write

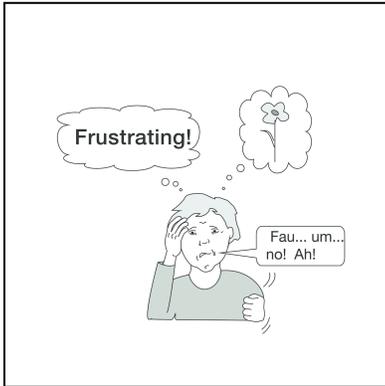


Use numbers

***** Important to Know *****

- Aphasia **does not affect** someone's **intelligence, thoughts, ideas or opinions.**
- Aphasia (caused by a stroke) **can improve over a lifetime.**

Each person with aphasia is different

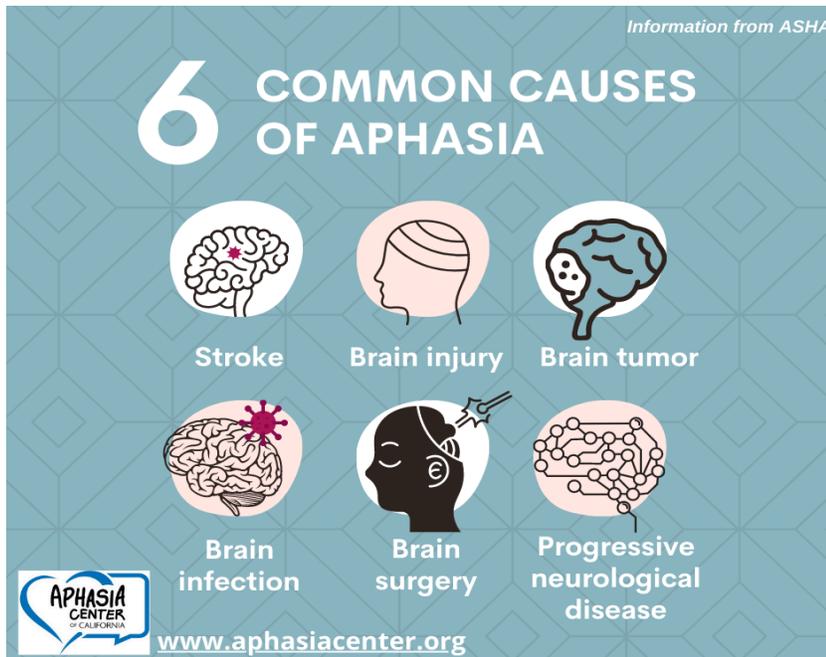


Some people can **say only a few words**.

Some people can **say a lot**, but their **words don't always make sense**.

What causes aphasia?

Aphasia happens when the **left side of the brain is damaged**, usually from a **stroke or brain injury**.



What is **Primary Progressive Aphasia (PPA)**? 🧠

PPA is a **rare** type of aphasia, which is caused by **neurodegenerative** disease in the brain.



PPA is **NOT** caused by a **stroke**.

PPA **starts** in the **language centers** of the brain, and eventually **spreads** to other areas.

People with **PPA** can experience **progressive** memory loss, executive function deficits, and/or personality changes.



The **ACC** has **specialized groups** for folks with **PPA** and their **care partners**.

What about **APRAXIA??** 🧠

Apraxia affects the ability to **plan** and **produce speech movements**.

Aphasia affects **language**.

They can appear **together** or **separately**.



APHASIA

Language impairment that may affect reading, writing, speaking, listening, etc.

VS

APRAXIA OF SPEECH

Incoordination involving muscles needed for speech, even though there is no weakness or paralysis in those muscles

Aphasia & Apraxia of Speech can both occur after a stroke and they can appear together or each separately

 www.aphasiacenter.org

Groups At The ACC

- 1** **Communication Group**
Weekly/year round conversation practice and support for people with aphasia.



- 2** **Stroke-Induced Aphasia Care Partner Group**

For care partners of people with aphasia caused by stroke.



- 3** **Young Stroke Group**

For those who had a stroke before age 55 to connect and practice conversation.



- 4** **Book Club**

Read and discuss books while practicing conversation



- 5** **Primary Progressive Aphasia (PPA) Group**

Practice communication strategies and discuss life with PPA.



- 6** **PPA Care Partner Group**

A space for PPA care partners to share and problem-solve.



- 7** **News Forum**

Discuss current events and practice conversation.



- 8** **Wellness and Movement**

Monthly class facilitated by a trained professional



- 9** **Music Appreciation Group**

Share, listen, and talk about music



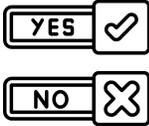
Communication tips for people with aphasia  (print as needed)

<p>Use gestures</p> 	<p>Describe it</p> 
<p>Draw it</p> 	<p>Find a picture or object nearby</p> 
<p>Write letters or numbers</p> 	<p>Use sound, humming, or singing</p> 
<p>Google images</p> 	<p>Be patient with yourself</p> 

Use what works for you!



Communication tips for care partners (print as needed)

<p>Reduce background noise Turn off TV, radio, and limit other conversations.</p> 	<p>Confirm understanding Use yes/no or thumbs up/down to check comprehension.</p> 
<p>Keep it simple Use a clear, respectful tone.</p> 	<p>Don't focus on perfect pronunciation If you understand them, there's no need to correct.</p> 
<p>Give them time to speak Ask 1 question at a time.</p> 	<p>Ask before speaking on their behalf</p> 
<p>Use multiple communication methods Use gestures, writing, drawing, and facial expressions.</p> 	<p>Acknowledge competence Treat them as a thinking adult.</p> 

Pro tip: If your loved one has significant difficulty communicating, it's often helpful—and sometimes necessary—for the group SLP to receive **weekly or biweekly updates ahead of time.**



This might include things like recent **outings, activities, or family news.**



Sharing this info helps the SLP **support participation** in group conversations.

Online Participation Requirements

✓ **Computer, laptop, OR large screen iPad.**



✓ **Stable internet access**



✓ **Zoom**



✓ **A quiet space**



Helpful tips for online groups:

- Have a **pen/paper** within reach
- Use “**gallery view**” to see all participants
- Have **someone nearby** to help with **technical issues**, if needed



Confidentiality and Online Privacy



Our **groups** are **online**. We are often in each other’s **homes**.

Personal information **may not be** completely **private**.

Tips to **increase privacy**:

- **Find a private space.** 
- **Use headphones.** 
- **Don’t share** personal stories outside of the group. 



******Note******

ACC staff are mandated reporters



- ✓ **We must report** if we think someone is **being hurt** or in **danger**
- ✓ **We must report** if we think someone is **not safe**.



I have Aphasia



I may have **difficulty** with:

- **speaking**
- **understanding**
- **reading**
- **writing/typing**

Aphasia is usually caused by a **stroke** or any injury to the left side of the brain

I still have my thoughts, opinions, and ideas

My Name: _____

Emergency Contact: _____



↑Fold here ↓



Here are tips to help us communicate:



I may mix up words or say the wrong word.....

Give me time to respond.....

Please speak slower and use simple language....

Shut off background noise so I can concentrate..

Please let me see your face

I may mix up dates and numbers.....

Ask me if I understand.....

Write, draw, or show me pictures



Free, foldable ACC Aphasia ID Card 

Print, cut, and fill out.

Keep with you at all times to help you communicate!

Contact us if you need help with this: 510-336-0112

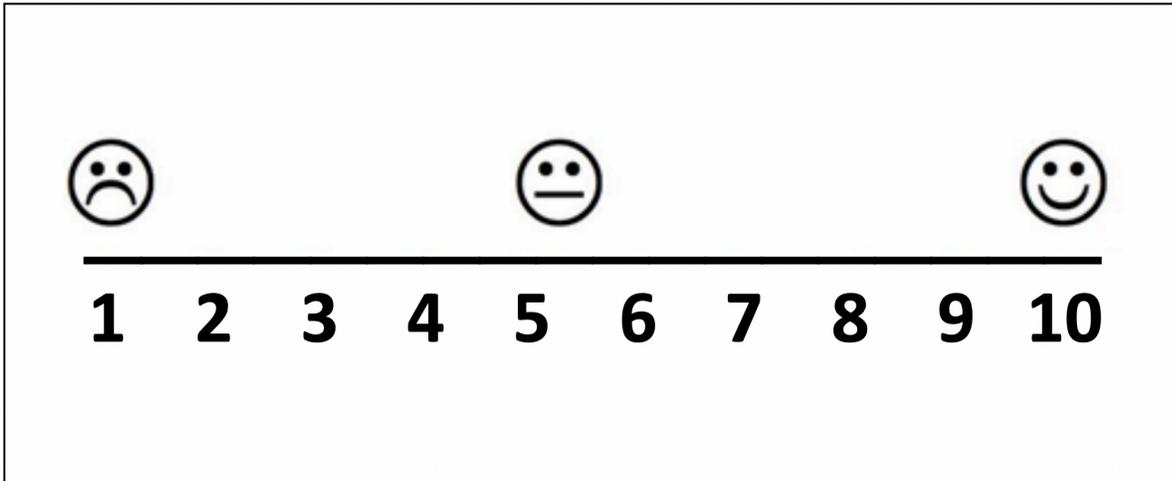


Please **use and/or print** the following **pages of visual aids** to support communication in **everyday** activities 📄

1. Number Chart

	Numbers				Years
	10	20	400		
1	11	30	500	1930	1940
2	12	40	600	1950	1960
3	13	50	700	1970	1980
4	14	60	800	1990	2000
5	15	70	900	2010	2020
6	16	80	1,000		
7	17	90	10,000		
8	18	100	100,000		
9		200	1,000,000		
	19	300			

2. Rating Scale



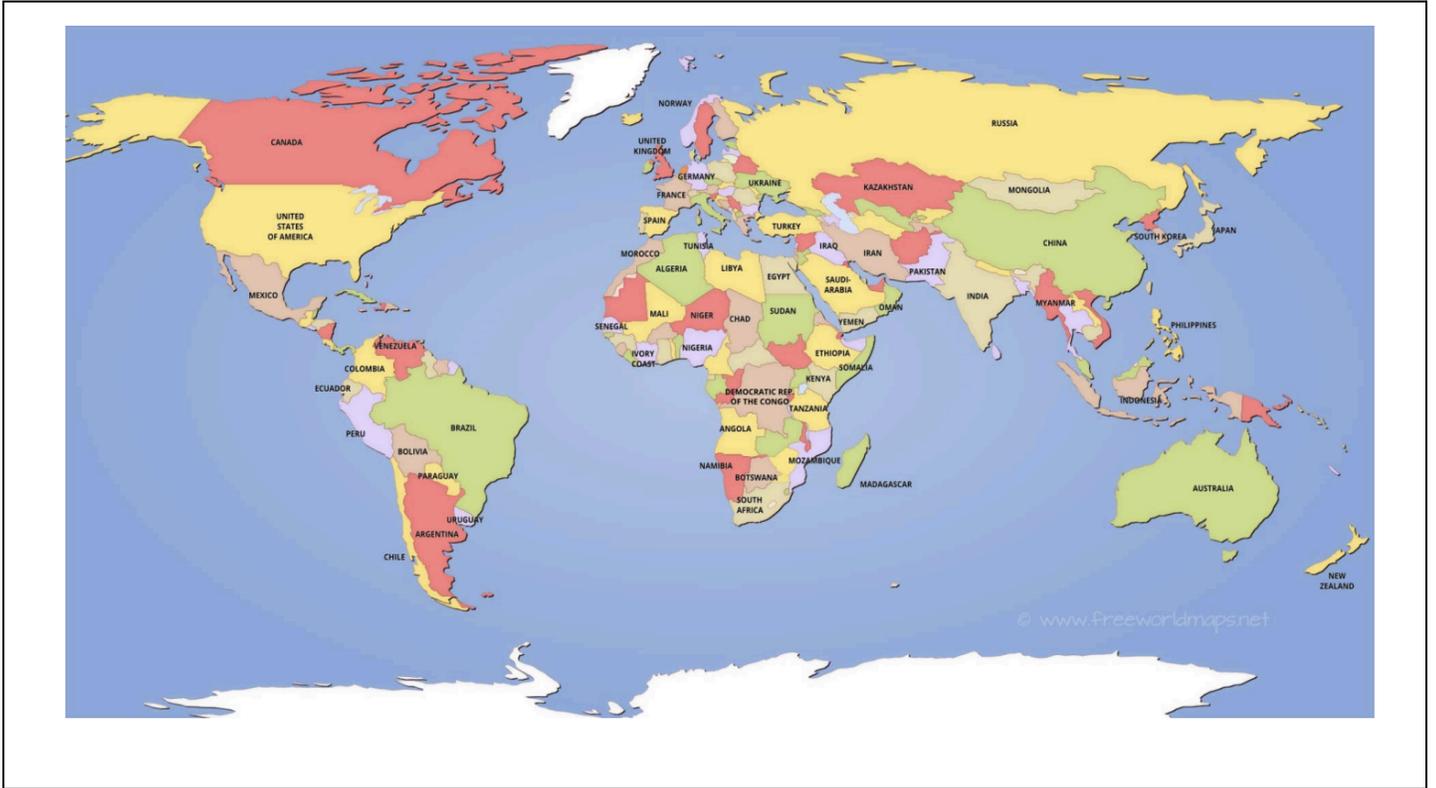
3. US MAP



4. California Map



5. World Map



6. Bay Area Map



7. Yes / No / Not sure / Something else



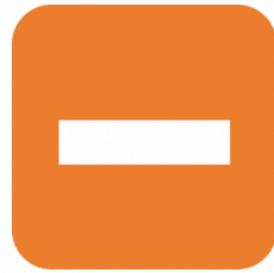
yes



no



unsure



wrong track

8. Wh- Questions



Who?



What?



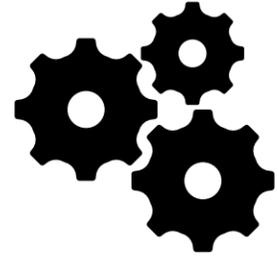
Where?



When?



Why?



How?

Modified from: Brooks Rehabilitation Aphasia Center