

theword



Aphasia New Zealand Charitable Trust
mate ngaronga reo



10
2007 - 2017
Years

giving a voice to people with aphasia

Issue 38

Winter 2018

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Attention South Islanders!

We're holding a **Southland Aphasia Day** in **Invercargill** on the 29th of October.

This is a **FREE event** for anyone with or affected by aphasia, and health professionals.

More details on page 5.

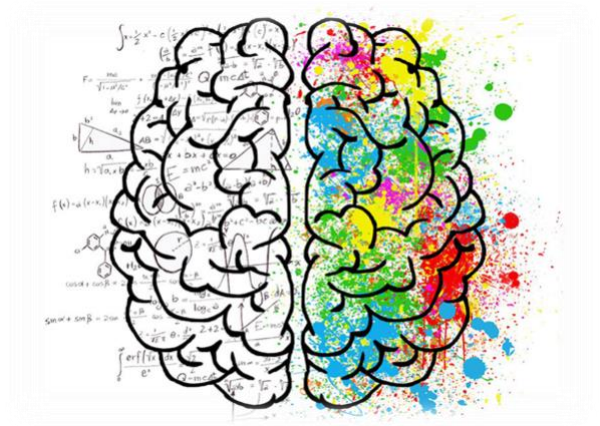


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Aphasia New Zealand (AphasiaNZ) Charitable Trust
Suite 3, 36 Cameron Road, Tauranga 3110
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From the EO

I'm excited to let you know that we are continuing to grow our team of CAAs, and because of a generous family donation, we now have a part-time CAA in the Waikato West and Central region.



Christa is passionate about helping people with aphasia and their families reconnect after acquiring aphasia, and I'm thrilled that she is on board. You can read more about Christa on page 4.

Southland Aphasia Day on October 29th

If you are in the Southland region, or you're keen to travel to Invercargill, you will not want to miss the **Southland Aphasia Day** in October.

We've had quite a number of requests for an event or activity from people in Southland and the South Island, so please support this day by coming along. Because of a generous grant from Perpetual Guardian (The Guy Anson Waddell Charitable Trust) there is no cost to attend. There will be lots of resources available on the day, and free information to take home. We will also have copies of our about-to-be published NZ Stroke and Aphasia Handbook, version 4! **See page 5** for details about how to register your attendance at the **Southland Aphasia Day**.

Until next time... Emma

AphasiaNZ's Community Aphasia Advisors (CAAs)

Auckland Central South – Marie Ualesi

Email: aphasianzauckland@gmail.com

Auckland North West – Jan Wanless

Email: aphasianznorthwest@gmail.com

Waikato West Central – Christa Grbin

Email: aphasianzwaikatowc@gmail.com

Tauranga – Kate Milford

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Eastern Bay of Plenty – Briony McCormack

Email: aphasianzeasternbop@gmail.com

Central North Island – Melinda Dakin

Email: aphasianzcentralnorth@gmail.com

Wellington – Stephen Gibbs

Email: aphasianz.wgtn.sg@gmail.com

Christchurch – Georgia Holibar

Email: aphasianzchristchurch@gmail.com

Dunedin – Alison Zani

Email: aphasianzdunedin@gmail.com



All CAAs work part time hours, and may be unable to respond to you immediately. You can contact the office in Tauranga during business hours Monday-Friday by emailing info@aphasia.org.nz or calling 07 220 9973.

Introducing Christa Grbin: AphasiaNZ's Waikato West Central CAA

Hello, I am Christa Grbin and I have just started my role as Community Aphasia Advisor for the Waikato West Central region.

I am a Speech and Language Therapist. I live in Raglan with my two little girls and bouncy pup.

Prior to having my children I worked on the Stroke Ward at Waikato Hospital and with individuals with aphasia out in the community.

I'm so excited to be joining the AphasiaNZ team and supporting this community again in a different role. I have a particular passion for combating social isolation which, as we all know, is one of the biggest blows of aphasia. It is exciting to be working for an organisation that has this value at its core.

Keep an ear out for new developments in aphasia support in the Waikato.

Christa

Christa's email address is: aphasianzwaikatowc@gmail.com so feel free to get in touch if you are living or working in the Waikato West or Central region.



SOUTHLAND APHASIA DAY INVERCARGILL

Monday 29th October 2018

10.30am – 3pm

Ascot Park Hotel (Oreti Room)

Corner Tay Street and Racecourse Road, Invercargill

[Click here for details about the venue](#)



AphasiaNZ warmly invites you to the Southland Aphasia Day - for **people with aphasia, whanau, carers and health professionals.**

The day will include **guest speakers**, access to **information, education** and **resources** about aphasia and communication, **networking opportunities** with others with aphasia and professionals working in your region, and, find out **what is happening around New Zealand** for people with aphasia.

To attend, please **RSVP** to **Alison** by the 19th of October by:

- Emailing aphasianzdunedin@gmail.com or
- Calling the AphasiaNZ office on **07 220 9973** or
- Calling our free phone number **0508 274 274** or
- Completing a registration form ([click here](#))

FREE TO ATTEND...*we welcome a donation on the day.*

Join us for morning tea and refreshments from **10am; speakers begin at 10.30am.** Lunch is included. *See you there!*

Australian Aphasia Association (AAA)

12th National Conference



The AAA is holding its biennial conference on the Sunshine Coast this Spring. It is being held:

- On **Monday 26th and Tuesday 27th November**
- At the **Maroochy RSL, Maroochydore**, Queensland

[Click here for venue information](#)

The conference is for people with aphasia, their families and their supporters. It provides an opportunity to network and connect with others, share information and keep moving "Onward and Upward".

Keynote speakers include Professor Linda Worrall from the University of Queensland, and Sarah Scott from the UK (via Skype).

For more information about the up-and-coming conference, visit the AAA website here:

<https://aphasia.org.au/national-conference-2018/>

And, go to the AAA's Facebook [by clicking here](#).

Conference convener: Wendy Hurley

Email: whurley@westnet.com.au



Technology: From the UK

Computer therapy can help people with aphasia find lost words

Computer therapy can help people with aphasia learn new words – even years after a stroke, a study has revealed.



Researchers at the University of Sheffield found there were a number of significant benefits to using computer therapy for those affected by aphasia, in comparison to usual speech and language therapy alone.

Currently there is limited speech and language therapy available for patients in the long term after a stroke and a lot of people with aphasia want more therapy than they receive.

The study offered patients with aphasia the opportunity to take part in self-managed speech and language therapy using a computer at home, in addition to face to face therapy available to them.

More than 270 people across the UK took part in the trial – all were between four months and 36 years post-stroke.

Results of the five-year study showed computer therapy enabled patients to increase their speech and language practice. Participants also significantly improved their ability to say the words they chose to practise, showing that people with aphasia can learn new words even after a long time post-stroke with computer therapy.

And they could still say the words six months after the computer therapy had finished.

They spent 28 hours on average undergoing the computer therapy compared with 3.8 hours of usual speech and language therapy over a six month period.

Researchers said the computer therapy approach tested, which included a combination of tailoring the programme to the individual with aphasia by a speech and language therapist, independent practise at home by the person with aphasia, and volunteer or speech and language therapy assistant support, cost half as much as providing the same amount of extra therapy face-to-face.

Dr Rebecca Palmer, who led the study, said: *"People with aphasia tend to do quite well with therapy but that isn't usually available to them after a few months.*

Our study showed that 61% of people continued to use the computer therapy after the end of the trial intervention period showing that people with aphasia want to continue learning words and can do this independently.

I hope the results of this study give both speech and language therapists and people with aphasia and their carers hope for further recovery."

Is computer therapy something which you are interested in trying? Talk to your Speech-language Therapist, or email info@aphasia.org.nz for more information.

Books and Reading

audible.com.au

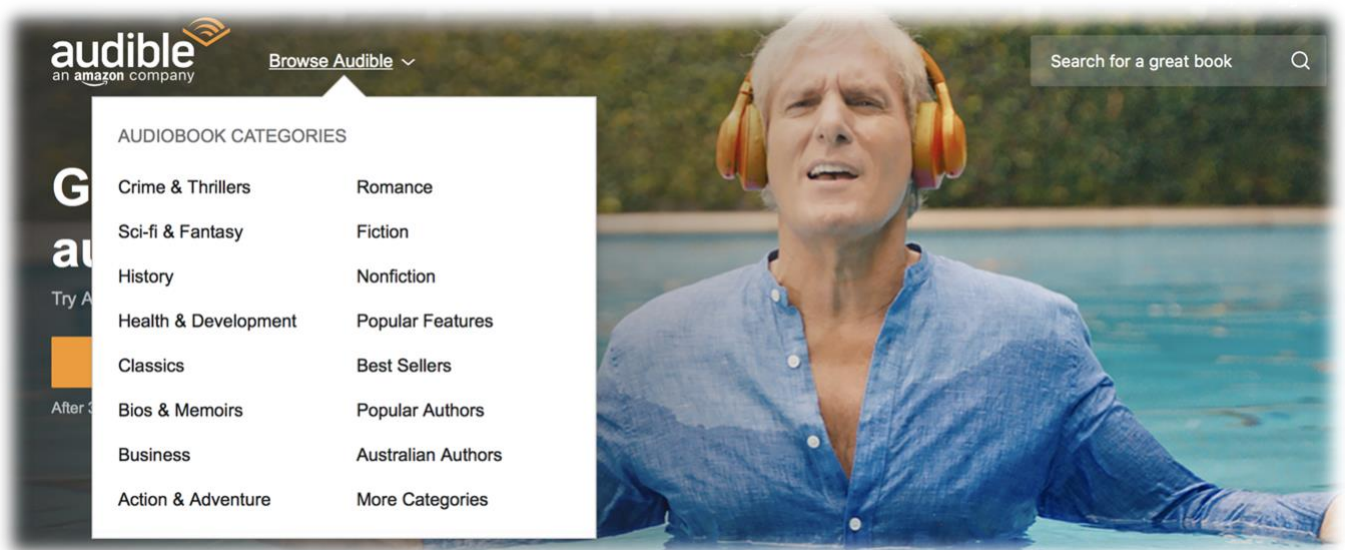


Some people with aphasia find reading hard. If you were an avid reader prior to acquiring aphasia – and something which was once easy and enjoyable has now become difficult and frustrating, or even impossible – don't be disheartened. One option is an **audiobook**.

Audiobooks are voice recordings of the text of a book that you listen to rather than read. **Audiobooks** can be exact word-for-word versions of books or abridged versions.

Audible allows you to listen to your favourite books wherever you are with the free Audible app, on your smart phone, iPad, or tablet. You can try it free for 30 days.

There are free options too. [Click here to find out about the top 14 websites for free audiobooks.](#)



New Aphasia Posters

For New Zealand Hospitals

We're aiming to ensure every person with aphasia in hospital can access our aphasia and communication posters.

In addition to making communication easier for people with aphasia and their family members, we want to educate professionals in hospitals and ensure they are actively including the person with aphasia in conversations about their health and wellbeing.



NZ hospital health professionals: email info@aphasia.org.nz to ensure posters are available for your patients.

Groups: Dunedin/Ōtepoti

The Dunedin Aphasia Support Group

At a recent meeting, the group spent some time catching up on how everyone had been since they last saw each other. Everyone had a turn to talk, and some people were keen to share their successes.

Alison, AphasiaNZ's Dunedin CAA, asked the group for their opinions and ideas about a presentation she was preparing to deliver to a group of over 100 first-year



nursing students at Otago Polytechnic. The students were due to go on their first hospital placements, in the Stroke Unit and rehab wards. Alison was asked:

- 1) To talk about aphasia - *what is aphasia?*
- 2) To give examples about how to facilitate communication with a person with aphasia.
- 3) To talk about her CAA role.

Alison asked the group if anyone was willing to come along with her, so they could interact and talk with the students. Greg said he would be keen to give his perspective on what it was like to be in hospital with

aphasia. The group had lots of suggestions and stories to share with the students:

- *"Ask yes or no questions and give time to reply"*
- *"Being in hospital and not being able to communicate is very scary...I felt frightened and vulnerable and couldn't tell people what I needed."*
- *"Doctors are the worst...they talk too fast and say too much. They need to explain slowly, and break it down into simple sentences. They need to be patient with their patients!"*
- *"The constantly changing staff was hard, seemed like doctors and nurses were coming and going all the time and they all asked the same questions over and over again...it was exhausting and frustrating."*
- *"Don't leave a jug of water in front of a patient who is having thickened fluids on a hot day....it's like torture."*
- *"When I can't find the words I want to say I have to use alternative words, and sometimes people get the wrong impression about what I'm trying to say...please check with me if you have understood me."*

A group member also said - *"I like coming to this group because they give me time and understand that I might make mistakes....that doesn't happen anywhere else"*.

The Dunedin Aphasia Support Group meets fortnightly on Fridays in Mornington. New attendees are welcome – email Alison at aphasianzdunedin@gmail.com for details.

*The group also has a **Facebook page**. Have a look at it [by clicking here](#).*

Our Contact Details

You can get in touch with us in the following ways:



By writing to us:

AphasiaNZ, PO Box 13435, Tauranga Central, Tauranga 3141

By making an appointment and visiting us:

At 36 Cameron Road, Tauranga 3110

By calling us:

In the office on (07) 220 9973, or on our free phone number 0508 APHASIA (0508 274 274)

By emailing us:

info@aphasia.org.nz

Through our website:

www.aphasia.org.nz

On our Facebook page:

www.facebook.com/AphasiaNZ

We look forward to hearing from you 😊

Thank you to our Donors

A big **thank you** to everyone who has contributed to our winter donation drive so far.

It is only with your help and support that we can continue to provide vital and much-used services and resources in our communities.

It's not too late to contribute - can you help us by making a donation?

Your donation will be used to ensure people with and affected by aphasia can access support, information and resources.

[Please click here to donate online today!](#)

Thank you for your support!

Have you seen our **10 Year Review?**

[Click here](#) to find out more about our work, and how your donation will support people with aphasia.



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