

theword



Aphasia New Zealand Charitable Trust
mate ngaronga reo

ahve ahapisa

Issue 43

Autumn 2021

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We're now on LinkedIn

Have a look at the new AphasiaNZ LinkedIn page for useful updates:

www.linkedin.com/company/aphasianz

LinkedIn



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Toll free: 0508 APHASIA (0508 274 274)
info@aphasia.org.nz www.aphasia.org.nz

Aphasia New Zealand (AphasiaNZ) Charitable Trust
Suite 3, 36 Cameron Road, Tauranga 3110
PO Box 13435, Tauranga Central, Tauranga 3141

From the EO

At the end of February the entire AphasiaNZ Community Aphasia Advisor (CAA) Team got together. These annual meetings are a good way for us to share ideas and discuss what people are doing at groups and when supporting people with aphasia in their area. And because our Team works from Auckland in the North down to Invercargill in the South, this time together is important. You can only do so much Zooming!



In addition to the CAA meeting, the Trustees recently held their yearly strategic planning session. So many ideas, so much enthusiasm, and one common theme revolving around the 'F' word – **FUNDING!** Doing more with and for people with aphasia requires funding; the type of funding which comes from untapped donations and gives us flexibility to apply money where it is most needed. Such as the word which begins with 'B' – **BEQUESTS.** What is a Bequest and is a Bequest something you would consider? [Click here to find out.](#)

Every donation, big or small, helps us to do more for people with aphasia, and ensure AphasiaNZ continues to grow and reach people who otherwise would not receive help. If you can help with a donation, information about this is on the second to last page of the newsletter.

Until next time... Emma

AphasiaNZ's Community Aphasia Advisors (CAAs)

Auckland South – Abbey Jacobson

Email: aucklandcs@aphasia.org.nz

Auckland Central and Waitemata – Jan Wanless

Email: aucklandnw@aphasia.org.nz

Waikato West Central – Christa Grbin

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Central North Island – Melinda Dakin

Email: centralnorth@aphasia.org.nz

Wellington – Lauren Morrison

Email: wellington@aphasia.org.nz

Christchurch – Kirsten Drayton*

Email: christchurch@aphasia.org.nz

Otago and Southland – Fiona Couldstone

Email: dunedin@aphasia.org.nz



Please note **all**
CAAs use
@aphasia.org.nz
email addresses

Gmail emails can
be deleted from
your address book

*Kirsten will be working in the Christchurch CAA role while Eleanor is on maternity leave 🍼 👶

All CAAs work part time hours. You can contact the office in Tauranga during business hours
Monday-Friday by emailing info@aphasia.org.nz or calling 07 220 9973.



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Auckland CAA Wanted



Our Community Aphasia Advisors (CAAs) provide resources and information to those new to aphasia, as well as facilitate local AphasiaNZ groups and activities and educate our communities, increasing knowledge and raising awareness of the nature and effects of aphasia.

Jan has been our CAA in Auckland Central Waitemata for a number of years now, but sadly for us she is moving on at the end of June. We are very grateful to her for all her work in the region. So, we are looking for someone to work part time in Auckland - up to 20 hours a week.

We are seeking someone with:

- Ⓢ A knowledge of the nature and effects of aphasia;
- Ⓢ An understanding of community services available for people affected by disabilities;
- Ⓢ Excellent written and verbal communication skills;
- Ⓢ Enthusiasm and flexibility;
- Ⓢ Transport and a driver's license;
- Ⓢ Computer skills (specifically with Mac/Apple products and devices).

Are you an SLT or related health professional looking for flexible, part-time contract work and an opportunity to use your skills to make a positive difference to the lives of those living with aphasia in the Auckland area? If so, we'd like to hear from you. Email tauranga@aphasia.org.nz

*(Please note: This is **not** an **SLT role** as AphasiaNZ does not provide therapy, or therapeutic interventions, but is suited to someone with a SLT background).*



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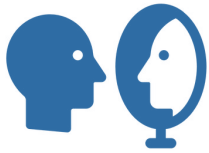
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Mindfulness & Meditation Course for Carers

Why might you want to take part in this online course?



Carers are known to be at **increased risk of 'burnout'**.



Mindfulness can help carers develop increased moment to moment **self-awareness**, so that they can more easily identify physical and emotional signs of stress.



Mindfulness and meditation provide **effective, research-based tools** to improve mental and physical well-being.



Mindfulness teaches compassionate **acceptance and kindness to self**. This can encourage you to take better care of your own health and mental wellbeing, so that you have the ongoing capacity to be a loving, positive, energetic, patient and caring support person.



Mindfulness groups are also particularly powerful at helping foster a sense of **connectedness** which helps reduce feelings of isolation.



The **8-week online group course (1-1.5 hours per session)** enables participants to share their own experiences with other people who have partners or family members with aphasia.

The course is delivered by Melissa Delaux, who is both a Speech-language Therapist (SLT) and a Breathworks Mindfulness Teacher.

Are you interested in attending the next Mindfulness online group for carers?

Please email AphasiaNZ for more information and registration forms. It would be helpful to let AphasiaNZ know when you register, what your availability is for attending the course.

At present Melissa's preference will be Wednesdays starting at 1pm, from August 4th to September 22nd, 2021. Other days and time can be considered if necessary.

If we are not able to accommodate your time needs this time, then your name can be added to the waitlist and we will contact you if another course is held in the future.

For more information or registration, please contact info@aphasia.org.nz



Online Carer Support Group

For carers of people with aphasia to meet others and find support

Are you interested in joining the Online Carer Support Group?

When: Wednesdays (fortnightly) during term 2 time

Time: From 10am to 11.30am

How: Using **Zoom**

[Click here for an aphasia-friendly guide to using Zoom.](#)

The online carer support group is facilitated by Christa, our Waikato West Central CAA.

For more information or to register, please contact AphasiaNZ by emailing info@aphasia.org.nz

Online Carer Support Group

For carers of people with aphasia; to meet others and find support

When: **Wednesdays fortnightly.**
o 5th May to 7th July (Term 2)

Time: 10am – 11:30am

Contact: Christa Grbin | 021 086 34362 | waikatowc@aphasia.org.nz

I have aphasia
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AphasiaNZ Updates



Check out our new **LinkedIn** page:

<https://www.linkedin.com/company/aphasianz>

"LinkedIn is a social networking website designed for business professionals. It allows you to share work-related information with other users and keep an online list of professional contacts."

LinkedIn

Jobs ▼

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Introductory Training for Supported Conversation – IT'S Conversation

Who? People with aphasia and their spouse/partner/family member

Where? At home – either in person or via video call

How? The Community Aphasia Advisor will work with you both

What? Learning strategies and techniques to help you have more successful conversations

Why? Learning better ways to have conversations with aphasia takes practice!

Contact your local CAA today to enquire about this training or contact AphasianZ on 07 220 9973 or info@aphasia.org.nz



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Hello, I'm Fiona

I'm the new CAA for Otago and Southland. I am a Cantabrian born and bred and I trained as an SLT at the University of Canterbury.



I have worked as an SLT in New Zealand and South London hospitals before returning to New Zealand in 2014. Since returning to New Zealand I have worked as a Community Stroke Advisor in East Auckland and then as the SLT Clinical Lead in the community at Counties Manukau DHB.

My family and I moved to Arrowtown at the end of 2020 and we are loving being back down in the south. I am optimistic that living in Arrowtown will allow me to connect with people in remote areas who may not have had contact with AphasiaNZ in the past.

I am very much looking forward to providing support to people with aphasia and their whānau throughout Otago and Southland. I look forward to meeting you all in the near future.

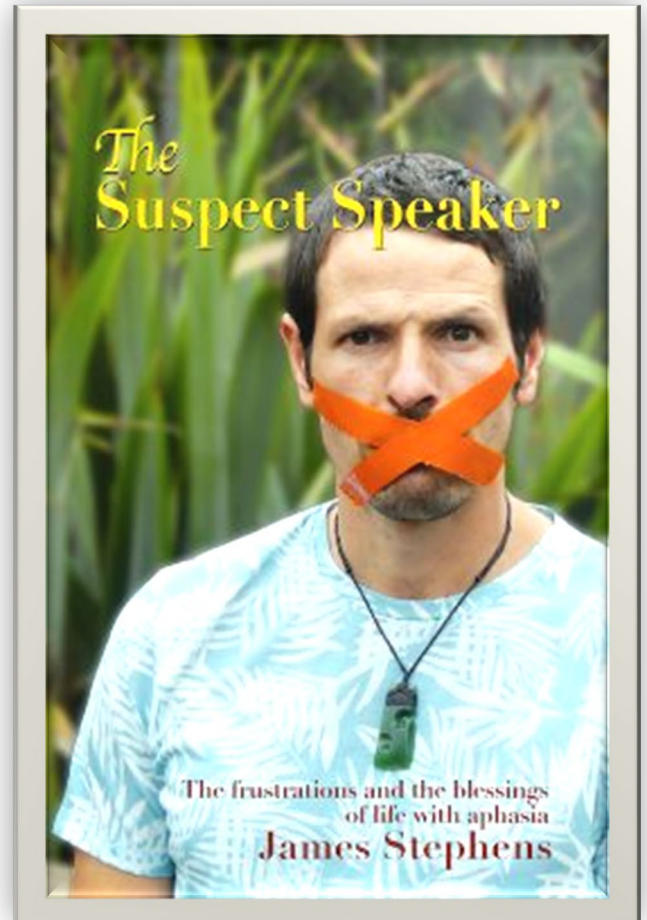


The Suspect Speaker – by James Stephens

The Suspect Speaker is a book about aphasia, authored by a New Zealander who is living with aphasia.

James Stephens, a long-time friend and supporter of AphasiaNZ, has written a clever and innovative account of how aphasia impacts the everyday lives of all those affected by it.

His **15 short 'short' stories** are both moving and funny. They are also encouraging and uplifting. James wanted to explain **how aphasia impacts a person, their families, and supporters.**



Each book has **three versions – A, B, and C:**

- **A** - short sentences for those whose reading ability is limited.
- **B** - longer, and more descriptive words.
- **C** - longer and more detailed. This version is also good for those who want a carer or family to read to them.

For more information about the book and James Stephens, follow the link:

<https://www.aphasia.org.nz/wp-content/uploads/2020/02/The-Suspect-Speaker-Article.pdf>

This book is recommended to anyone with experience of aphasia. It can also be useful to those with no knowledge of what aphasia is or the profound difficulties it can cause. Readers will come away with greatly enhanced understanding and empathy.

The Suspect Speaker will shortly be available to borrow from the **AphasiaNZ resource library**.

The resource library is a *Friends of AphasiaNZ* service – **you can become a Friend by clicking here**.



Link to more information:

<https://www.aphasia.org.nz/resource-library-returns/>

Did you know AphasiaNZ has a comprehensive **library** with **books and resources** for people affected by aphasia and professionals to **borrow**?

Join as a Friend of AphasiaNZ to access this service.



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People with Aphasia in New Zealand

There are some well-known people living with aphasia

Rawiri Paratene is an actor, a producer, director, and writer. He has given so much to TV, to film, to music and to theatre. He is best known for playing Koro in *Whale Rider*, and for the nostalgic kids' show *Play School*. He has toured the world with Shakespeare's Globe Theatre.



He has had **3 recent strokes and now lives with aphasia**. But despite struggling with his words, he is refusing to let aphasia stop him from giving back to the community that gave him so much.

He returned to the stage one final time to say goodbye to the crowds that have supported his performance career spanning nearly 50 years.

His show, **Peter Paka Paratene: Ask me anything**, at Te Pou Theatre in Auckland ran from April 16-24. He shared his own poetry, songs and favourite classical works and stories of the three distinct phases of his life; Peter, Paka and Paratene.



For more information, click on the links below:

<https://www.aphasia.org.nz/peterpakaparatene/>

<https://www.stuff.co.nz/entertainment/stage-and-theatre/300271399/whale-rider-actor-rawiri-paratene-i-could-have-died-from-strokes>



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Brisbane Evidence-Based Language Test (EBLT)

The Brisbane Evidence-Based Language Test (Brisbane EBLT) is a **free new reliable and valid aphasia assessment** for Speech Pathologists /Speech-language Therapists.

Its aim is to provide a useful new speech and language therapy resource for aphasia care.

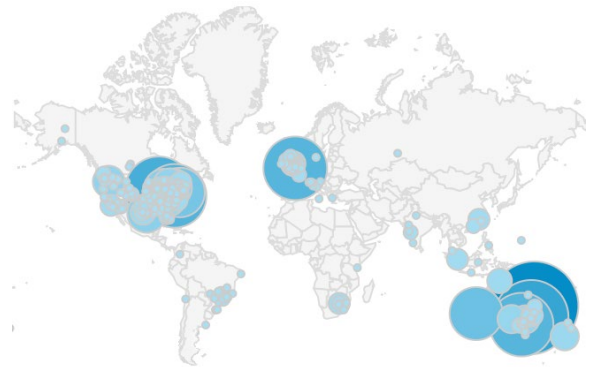
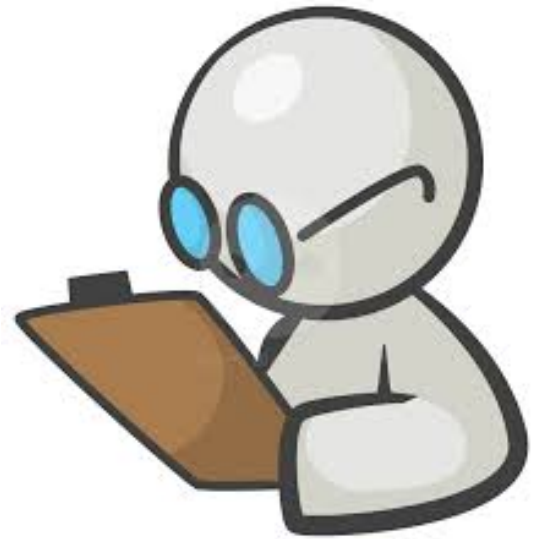
The test is available in **five different versions** to be selected by the therapist based on the clinical context and patient's ability.

The Brisbane EBLT is used by health professionals around the world, especially across Australia, **New Zealand**, the United Kingdom, and the United States of America.

It is available for **download from** **brisbanetest.org**

For more information on the EBLT test, click on the link:

<https://brisbanetest.org>



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Research - Aphasia Snapshot Results

Do you know other people with aphasia?

People with aphasia overseas were asked if they knew other people with aphasia. These are some of the results:

- 41.1% knew at least one other person with aphasia
- And 58.9% did not know anyone else with aphasia
- People thought knowing other people with aphasia was very important
- People thought it was important to know other people with the same type of aphasia
- People met others through therapy, support groups, different online chats, and through a family member or friend
- People interacted with others who have aphasia either, daily, weekly, monthly, or a few times a year
- People felt that knowing other people with aphasia had benefits such as understanding what they were feeling, encouraging them, giving helpful tips, and reminding them that they were not alone



For more information on the detailed results, [click here to go to the NAA website.](#)



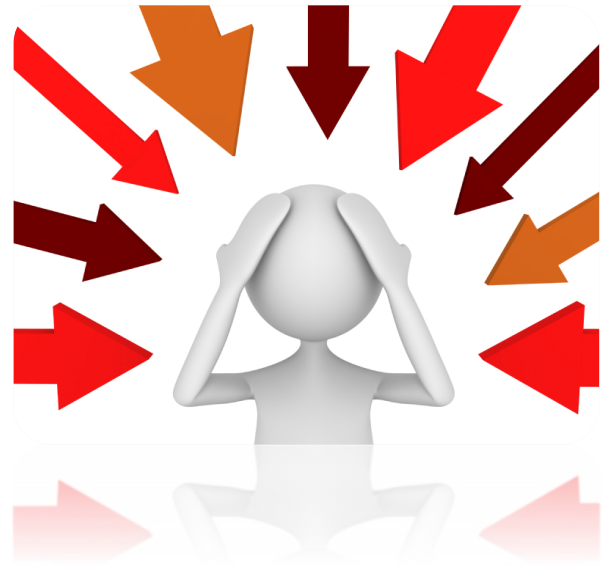
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Caregiver Burnout

6 Tips to Help with Aphasia Caregiver Burnout

As the caregiver in a family with aphasia, you may be used to being the chauffeur, nurse, spouse, housekeeper, speech therapist, cheerleader, occupational therapist, appointment maker, cook and everything else that aphasia entails. It's so easy to get burned out when everything depends on you, so it is important to **find a balance in your life.**



1. **Take time for yourself.** You can't be there for others if you're exhausted and have nothing left to give. You are also important. Do things that nurture yourself. For example, you can:

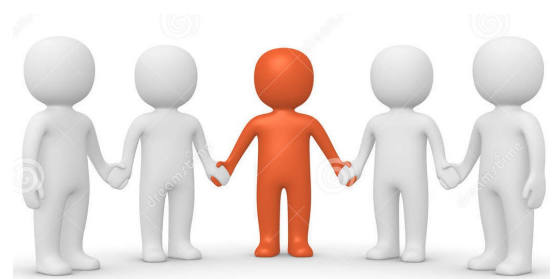
- Go to an exercise class
- Walk somewhere peaceful
- Take a nap
- Talk to a counsellor or other caregiver
- Go to lunch with a friend



2. **Connect** with others in your situation. There are groups and online groups that you can join that are specific to aphasia, who know what you're going through.



3. **Don't make everything about aphasia.** Setting goals and being motivated to improve are great ideals. There needs to be specific "speech" enforcement times. The rest of the day, then, should be about communication in general and doing normal daily tasks and activities. You and your loved one will burn out quickly and become resentful of each other if you make every moment a 'teaching moment'.
4. **Only worry about what you can control,** let go what you can't. You can't make the aphasia better through force of your own will. You can't make your loved one want to do more. While you want to encourage and help your loved one with aphasia to get better, there's only so much that you can do.
5. **Educate yourself and plan your next steps** - Think in 3-6 month stages, not a 3-year plan by next week. Focus on one stage at a time.
6. Most importantly, **get help.** It's ok to ask for help and delegate tasks to others. Think of what CAN be done without you, instead of what CAN'T be done.



For more information, click on the link:

<https://theaphasiacenter.com/2020/02/6-tips-help-aphasia-caregiver-burnout/>



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Effective Communication Tools: Skype, FaceTime, Zoom



It can be difficult to talk on the phone with friends and family after having a stroke. It can be easier to add a visual and talk “face to face” on a video call, such as **Skype, Zoom, or FaceTime**, as you can see when the person wants to talk or is finished talking without getting interrupted.

A video call can be **more effective, enjoyable, and build confidence**. It is also **easy to download and fairly user friendly**.



There are **good and easy steps** to get started for **desktop, tablet/iPad, or mobile for Zoom**:

- Getting started with Zoom on **zoom.us** or downloading the zoom app.
- **Inviting people** to a zoom meeting by sending them a link or using the invite button.
- **Joining** a zoom meeting by clicking on the link that was sent to you.
- **Scheduling** meetings in advance – date and time etc.
- **Recording** zoom meetings
- **Zoom pricing** – 4 different pricing plans – **basic (free)** can host up to 100 participants and unlimited, meetings, video conferencing, screen sharing, recording, and scheduling.

For more information, [click on the link here to view the steps](#).



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

E tatari ana matou ki te whakarongo ki a koe



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Can you Help with a Donation?



As a Charitable Trust which does not have members, we do not ask for a yearly 'membership' fee or payment.

But as you may know, we do not receive government funding and grants and donations enable us to provide all services and resources. It is only with your help and support that we can continue to provide vital and much-used services and resources in our communities.

Can you help us by making a donation?

If you are planning on giving or donating to a charity this winter, please consider **making AphasianZ your charity of choice.**

Donations enable us to provide Community Aphasia Advisor (CAA) field officer services across New Zealand's main centres.

Donations can be made online into the AphasianZ bank account, or by credit card via PayPal online. ***Cheques are being phased out by NZ banks.***

As AphasianZ is an approved donee organisation, you can claim a 33.33% tax credit for all donations over \$5.00. [Information about tax credits from the IRD is available here.](#)

Please click here to donate online today!



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Brain Challenges

You will see pairs of words, and your goal is to find a third word that is connected or associated with both of these two words.



For example, the first pair is PIANO and LOCK. The answer is KEY. The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors.

- | | |
|------------------------------|--------------------------|
| 1. lock — piano - key | 2. ship – card _____ |
| 3. tree — elephant _____ | 4. school – eye _____ |
| 5. pillow — court _____ | 6. river – money _____ |
| 7. bed — paper _____ | 8. army – water _____ |
| 9. egyptian – mother _____ | 10. tennis — noise _____ |

Jumble Solver:

Fill in the missing letters using only these letters: **RODTSENM.**

- | | |
|-----------------------------|-------------------------|
| 1. w _ i _ _ | 2. w _ _ _ |
| 3. _ _ ll _ _ c _ a _ _ _ _ | 4. _ hy _ h _ |
| 5. _ _ l _ _ y | 6. c _ u _ _ _ i _ _ |
| 7. b _ a _ _ | 8. ha _ _ k _ _ chi _ f |
| 9. _ u _ icia _ | 10. _ a _ i _ |

Answers:
key, deck, trunk, pupil, case, bank, sheet, tank,
racquet, mummy
write, word, rollercoaster, rhythm, melody,
countries, board, handkerchief, musician, radio



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