

theword



Aphasia New Zealand Charitable Trust
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Issue 44

Winter 2021

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What do you want to read about in the next edition of TheWord? Email admin@aphasia.org.nz to let us know. Thank you ☺

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www.facebook.com/AphasiaNZ
and
www.facebook.com/aphasianz.wgtn



Wellington Aphasia Community



AphasiaNZ



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Aphasia New Zealand (AphasiaNZ) Charitable Trust
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From the EO

I am writing this from home, as we are now into our eighth day of 'lockdown'. Being at COVID-19 Alert Level 4 means our services throughout the country are restricted.

- We are unable to run Kōrero Clubs and groups,
- CAAs are unable to visit people at home or in the community,
- We cannot provide community and care facility aphasia education sessions.



Online services and support however are continuing online, and some CAAs are also running what would usually be face-to-face Kōrero Clubs via Zoom. Your CAA can let you know if their group has temporarily moved online – see page 3 for CAA contact information.

Christa continues to run the online Kōrero Club, and the online support group for the spouses, carers and family members of those with aphasia.

The AphasiaNZ office remains closed until Tauranga moves to Alert Level 2. We will continue to post information and updates on our website and Facebook pages. Stay in touch, and stay well.

Until next time... Emma



AphasiaNZ's Community Aphasia Advisors (CAAs)

Auckland South – Abbey Jacobson

Email: aucklandcs@aphasia.org.nz

Auckland Central and Franklin – Linda Mains-Barnett

Email: franklin@aphasia.org.nz

Auckland North and West – Jessica Hunter-Wilson

Email: aucklandnw@aphasia.org.nz

Waikato West Central – Christa Grbin

Email: waikatowc@aphasia.org.nz

Tauranga – Kate Milford

Email: tauranga@aphasia.org.nz

Rotorua – Nicole Zwarts

Email: rotorua@aphasia.org.nz

Central North Island – Melinda Dakin

Email: centralnorth@aphasia.org.nz

Wellington – Jennifer Buckley

Email: wellington@aphasia.org.nz

Hutt Valley and Porirua – Leanne Gibbs

Email: huttporirua@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 is working in the Christchurch CAA role while Eleanor is on maternity leave* 🍼 👶

All CAAs work part time hours and may not be able to respond to you immediately. The best way to contact the office/EO is by emailing info@aphasia.org.nz



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Wairarapa Aphasia Day

We held the **Wairarapa Aphasia Day** in **Masterton** at the beginning of **August 2021**.

Our Aphasia Days raise awareness of aphasia, and are for people with and affected by aphasia as well as professionals working in the local area. **Over 50 people attended** coming from the Wairarapa, Manawatu, Wellington and East Coast of the North Island.



It was an opportunity for those with aphasia to meet other people, hear about what is happening around the country for people with aphasia, and to find out what's available locally in the Wairarapa.



There were lots of **aphasia-friendly resources and information** available.



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Melinda Dakin, our Central North Island CAA (Community Aphasia Advisor) had organised the event and spoke about AphasiaNZ.



There were **5 guest speakers** on the day:

- **Maxine Bevin, a Speech-language Therapist** from the Hawkes Bay, spoke about '*Living with Aphasia*' and how we can help ourselves.

Her experience is primarily working together with adults who wish to improve their communication skills.



- **Charlie de Lacy-Parks, from the Strive Aphasia Group (Palmerston North)**, shared his story and experiences of having aphasia. The Strive group is for anyone living with aphasia, stroke, or brain injury.



- **Alison Duran, also from the Strive Aphasia Group (Palmerston North),** spoke about her experience of having aphasia and shared some of her artwork.



- **Karina Auer, a Music Therapist** in Masterton, spoke about music and aphasia. She has a special interest in rehabilitation for those suffering traumatic brain injuries, working on individualised goals, and bringing families together.



- **Anne Jäger-Annear, from Stroke Central,** spoke about stroke support in the local area. [Stroke Central](#) focuses on stroke awareness and primary stroke prevention to the whole of New Zealand to reduce the risk of stroke.



Focus on AphasiaNZ Services

iPad Loaning Programme

AphasiaNZ loans iPads to people with aphasia in New Zealand for therapy practice, under the guidance and recommendation of the person's SLT (Speech-language Therapist).

This is a [Friends of AphasiaNZ service](#) – meaning the person with aphasia and his/her spouse, carer, or family members (if applicable) must become a Friend, and make a *Friendship* donation of \$45 (person with aphasia who lives alone) or \$50 (person with aphasia with a spouse, partner, carer or family members). The donation is used towards the costs of new apps, and courier costs to send the iPads out to loanees.



Frequently asked questions about our iPad loaning programme

Will an iPad be a useful therapy tool for me?

iPads don't fix or cure aphasia. This is a hard question to answer and will depend on many factors, including what other problems/deficits you have due to your stroke/brain injury (if any), if you used an iPad or were tech savvy before acquiring aphasia, and what your SLT recommends. iPads do not suit, or help, everyone. Chat to us for ideas.



I'd like my Father to trial an iPad, but he has never used one before and did not really use computers or technology before his stroke.



Will it still help?

Possibly not; and the device may end up being a cause of great frustration for those who are unfamiliar with technology. But, please get in touch with us to discuss options and other ideas for therapy practice.

How long can I borrow an iPad for?

For up to three months. We are unable to extend the loaning time due to the demand on the programme. We always have a waitlist for devices.

What happens when the iPad loan time is up?

Please return the iPad to us as a tracked parcel or by courier. The cost of this is unable to be paid for by AphasiaNZ. It is not the responsibility of your SLT to return the iPad.

I've returned the iPad and I found it useful. I want to get my own but I am unable to afford to purchase one. What can I do?

Contact us for ideas and suggestions. There are refurbished devices available at good prices and we can assist you to source one. What services clubs, groups, or organisations were you part of prior to acquiring aphasia? Can these contacts help you with fundraising? Or, can family members or friends help you with the cost?

I want to try an iPad and use it as a communication device. Can you help?

*Unfortunately, no. **AAC** (**A**ugmentative and **A**lternative **C**ommunication) is TalkLink Trust's area of expertise. AphasiaNZ does not provide communication assessments, and although our CAAs are SLTs, we do not provide Speech-language Therapy services. Additionally, there is a lot of set up needed for communication apps to ensure they will work well for people with aphasia.*

My wife/husband has an iPad in our home. Can I still borrow an AphasiaNZ device?

No, the programme is for people who do not have a device in their home. But we will support and assist you with ideas for apps to try. There are lite/free versions of some apps you can download before you buy. Your SLT may be able to help make recommendations.

How do I find out more?

Go to our website for all of the details about iPad loaning: <https://www.aphasia.org.nz/device-loaning/> and there is also a checklist for SLTs to determine if iPad loaning is suitable for a patient/client.

Did you know Friends of AphasiaNZ can also borrow books and resources from our library? A copy of the newly-published NZ Stroke and Aphasia Handbook is part of the joining pack. **To join as a Friend click here.**



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New Faces - Our new CAAs

AphasiaNZ has several new CAAs throughout the country. Here we have profiled four – Linda and Jess in Auckland, and Jennifer and Leanne in Wellington.

Hello, I'm Linda

I am the new CAA for Auckland Central and the Franklin area.

I have always lived in Auckland and trained as an SLT at Massey University in Albany as a mature student.

Since qualifying, I have worked at Counties Manukau DHB based at Pukekohe Hospital both in the community and on the rehab ward. During this time, I developed my interest in working with people with aphasia and their families.

I am really looking forward to providing the support and opportunity for people with aphasia and their whānau in both Franklin and central Auckland through working for AphasiaNZ.



Hello, I'm Jess

I'm excited to be joining AphasiaNZ as the Community Aphasia Advisor for North and West Auckland.

I have started running Shore Talk Kōrero Group in Albany on Tuesday mornings, and have met some wonderful people with and affected by aphasia so far in this role.

I live in Red Beach, just North of Auckland. I love living by the beach and the relaxed lifestyle that it brings.

I also work as a Speech-language Therapist at Waitemata DHB and in a very small Private Practice in my spare time.

Auckland CAA email addresses:

Linda: franklin@aphasia.org.nz

Jess: aucklandnw@aphasia.org.nz

Abbey: aucklandcs@aphasia.org.nz



Jess and her partner Jared - Milford Track Great Walk in April this year.



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Hi, I'm Jennifer

I'm the new CAA for Central Wellington. My partner and I left Ireland in 2018 and we've lived in Australia and New Zealand since then.

I graduated in Speech and Language Therapy in 2017 in the vibrant city of Galway, known as *Ireland's Cultural Heart*. I decided to do the opposite of what my classmates were doing at the time and instead of beginning a career in SLT, I went travelling with my partner. We've flown and driven many kilometres, we've seen some truly awesome sights, and we've made life-long friends. Along the way I've discovered my passion for plant-based cooking, organic gardening, and Astanga yoga!



When my partner had the opportunity to be sponsored at his work, we decided to make Wellington our home for the next few years, and I felt ready to begin a career in SLT.

Working with AphasiaNZ is a great opportunity to work with a client-group I am passionate about helping, and to meet like-minded people in the industry who believe everyone should be able to communicate to the best of their abilities!



Hello, I'm Leanne

I am the new CAA for the Hutt Valley and Porirua, in the greater Wellington region.

I was born in South Africa and moved to New Zealand as a youngster, living in Christchurch with my family and completing my Speech-Language Therapy studies there.



Since completing my degree I have worked in Whangarei, Christchurch, and Lower Hutt. I recently returned to work for the Ministry of Education in a part time role, leaving me with some time to work in the CAA role.

My husband and I moved to Wellington in 2015, settling in Lower Hutt, amongst the ferns of Harbourview. We had our son in the 2020 lockdown. He has been a challenge and a joy over the last 16 months, he is certainly keeping us on our toes as new parents.

I am looking forward to meeting everyone in the Hutt and Porirua areas and supporting you and your families.

Wellington CAA email addresses: Jennifer: wellington@aphasia.org.nz
and Leanne: huttporirua@aphasia.org.nz

Seniorline

Seniorline is a national information service to help older people and their whānau navigate the health system. It is funded by all 20 District Health Boards (DHBs) in New Zealand.

Seniorline provides information to assist older people to make decisions about staying at home, support for carers and residential care.

Seniorline has produced a [list of links and PDF resources](#) to make it easier for you to find information that you want. The list is broadly organised into nationally applicable resources, and Auckland and Northland resources.

Seniorline produces detailed information for Auckland and Northland. For detailed information in other areas you can contact your local [National Assessment Service Coordination \(NASC\)](#) office.

If you can't find the information you are looking for on the website www.seniorline.org.nz you can call Seniorline on 0800 725 463.



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News from the UK – Communication Access

What is Communication Access?

Communication Access means supporting people with communication difficulties more effectively.



Once an organisation commits to our free training and standards to become Communication Accessible, we will include them in our national directory.

Organisations can then display the Communication Access Symbol.

When people with communication difficulties see your organisation displaying the symbol, they will use your services with greater confidence.

For more information, click on the link below:

<https://communication-access.co.uk>



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Aphasia Games for Health

“Games can be very helpful with exercising the brain and getting better, and recovery”

Aphasia Games for Health is a collaboration between professional game designers, academic speech pathologists and the aphasia community to develop games that can provide therapeutic benefits for people with aphasia.



Their goal is to:

- **Develop games** that help restore language, adapt to aphasia, and break through social isolation.
- Serve as a **resource for developers** looking to make their games aphasia friendly and to adapt existing games to be more accessible for people with aphasia.
- Serve as a **central hub** for games being **accessible, affordable, social, easy, and entertaining** to the aphasia community.

Some of the games that are now available online are:

- *'The Minister's Cat', 'Audition' and 'Do you see what I see'*

These games are available to download on their website, and include easy step-by-step instructions with pictures.

For more information and to look at some of the games available, click on the links: <https://www.aphasiagamesforhealth.com> and <https://news.stanford.edu/2021/05/18/games-therapy-people-language-loss/>

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

Please note: the Tauranga office is **closed** during COVID-19 **Alert Levels 4 and 3**.
Contact us by email or on our free phone number.

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 no longer accepted by 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

1. Letter Juggle

Move a single letter from one word to the other, make a pair of synonyms, or near synonyms. For example, Boast - Hip, move the 's' from 'Boast' to 'Hip' creating two synonyms: Boat - Ship.

1. Inks – Tiles _____
2. Cream – Sweep _____
3. Gaze – Freed _____
4. Snail – Pike _____
5. Burn – Bead _____
6. Rid – Tripe _____

2. Can you solve this Sudoku puzzle?



4		2	9		3	5		
						1		
			7					4
			3	5	8	7		
						2		
5	8		4	6			3	
8	7	1		2			5	
2						8	6	
					9			