

# theword



Aphasia New Zealand Charitable Trust  
mate ngaronga reo

ahve ahapisa

**Issue 49**

**Spring 2022**

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## Online Events Coming Up in November!

Check out page 7 ☞



**15** YEARS  
OF APHASIANZ



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PO Box 13435, Tauranga Central, Tauranga 3141

## From the Office

We have upgraded our phone system. When you call the office on our landline (07 220 9973) you will now hear options to have your call transferred to the person you want to speak to.

Dial 1 for the Executive Officer

Dial 2 for the CAA Team Leader/Practice Supervisor

Dial 3 for the Financial Administrator

Dial 4 for the Friends Support Services Administrator

Dial 5 for the Wellington and lower North Island CAA



Lots of people are now using our online forms on the home page of our [website \(here\)](#) for making referrals, joining as a Friend or making a donation. Please let us know if you are having any difficulties with this – your feedback is welcome and helps us to make sure that the process is as easy as possible.

We have also updated the information for our iPad loaning scheme. You can find all the [information you need here](#). This scheme continues to be very popular, so please do not be surprised if there is a wait to loan a device. The iPad loans work best if the person with aphasia and their family have support from a Speech Language Therapist.

I'm very glad spring is finally here – this is a picture of a Granny's Bonnet in my garden! Before we know it, Christmas will be upon us...



Until next time... Kate



## AphasiaNZ's Community Aphasia Advisors (CAAs)

### Auckland Central and Franklin – Linda Mains-Barnett

Email: [franklin@aphasia.org.nz](mailto:franklin@aphasia.org.nz)

### Auckland South – Vacant

Email: [aucklandcs@aphasia.org.nz](mailto:aucklandcs@aphasia.org.nz)

### Auckland North and West – Vacant

Email: [aucklandnw@aphasia.org.nz](mailto:aucklandnw@aphasia.org.nz)

### Auckland Hibiscus Coast – Jessica Zivkovic

Email: [hibiscus@aphasia.org.nz](mailto:hibiscus@aphasia.org.nz)

### Waikato West Central – Christa Grbin

Email: [waikatowc@aphasia.org.nz](mailto:waikatowc@aphasia.org.nz)

### Hauraki plains– Biddy Robb

Email: [hauraki@aphasia.org.nz](mailto:hauraki@aphasia.org.nz)

### Tauranga – Kate Milford

Email: [tauranga@aphasia.org.nz](mailto:tauranga@aphasia.org.nz)

### Eastern Bay of Plenty – Hawra Aljawad

Email: [easternbop@aphasia.org.nz](mailto:easternbop@aphasia.org.nz)

### Rotorua – Nicole Zwarts

Email: [rotorua@aphasia.org.nz](mailto:rotorua@aphasia.org.nz)

### Central North Island – Melinda Dakin

Email: [centralnorth@aphasia.org.nz](mailto:centralnorth@aphasia.org.nz)

### Hawke's Bay – Maxine Bevin

Email: [hawkesbay@aphasia.org.nz](mailto:hawkesbay@aphasia.org.nz)

### Wellington & lower North Island – Jennifer Buckley

Email: [wellington@aphasia.org.nz](mailto:wellington@aphasia.org.nz)

### Christchurch – Eleanor Maxwell

Email: [christchurch@aphasia.org.nz](mailto:christchurch@aphasia.org.nz)

### Central Otago– Emma Burnip

Email: [otago@aphasia.org.nz](mailto:otago@aphasia.org.nz)

### Dunedin – Meryl Jones

Email: [dunedin@aphasia.org.nz](mailto:dunedin@aphasia.org.nz)

### Invercargill – Amy Miller

Email: [invercargill@aphasia.org.nz](mailto:invercargill@aphasia.org.nz)



Most CAAs work part-time hours and may not be able to respond to you immediately.

The best way to contact the office is by emailing [info@aphasia.org.nz](mailto:info@aphasia.org.nz)



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*giving a voice to people with aphasia*

## CAA changes

In October we said farewell to Fiona Couldstone, CAA for Central Otago. Leanne Gibbs, CAA for the Hutt Valley and Porirua, has also left us to concentrate on her other role. We wish them both the best. For the moment, Jenny Buckley will be covering the Hutt Valley and Porirua within her role as the CAA for the lower North Island.

Emma Burnip has joined the team as the new CAA for central Otago – welcome Emma!

### Introducing Emma Burnip

I am looking forward to my new role as the CAA covering Central Otago. I am originally from the UK where I was a community Speech Language Therapist for six years. I have always enjoyed meeting people in the community and supporting individuals and families affected by neurological conditions. I moved to New Zealand in 2017 to complete my PhD aiming to help people with neurodegenerative diseases. After my studies, I moved to Wanaka to live in the mountains and enjoy the stunning scenery (and wine) of Central Otago. In addition to this CAA role with AphasiaNZ, I am also working part time as a community Speech Language Therapist across Wanaka and Queenstown.





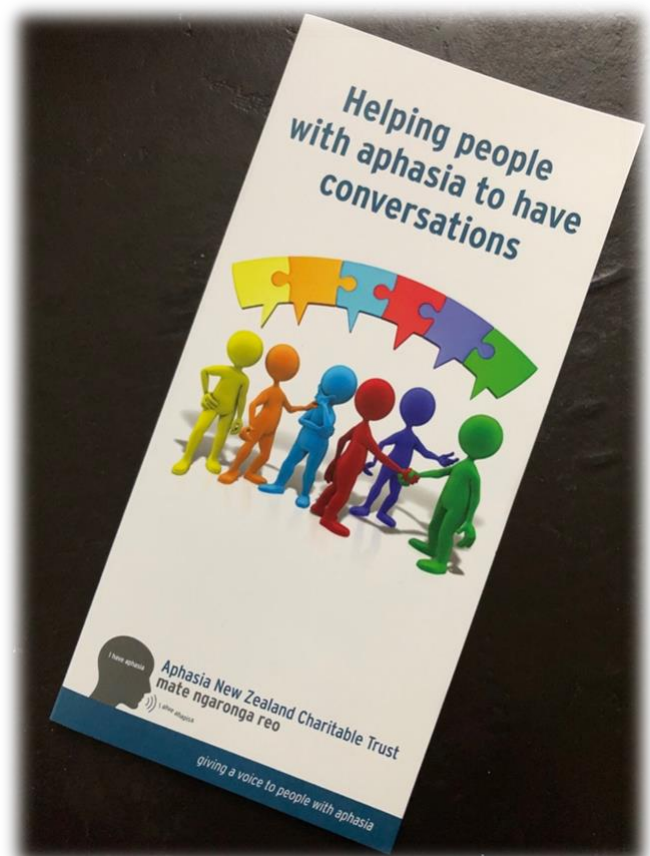
I am excited to announce that we will be starting our Otago Kōrero Club in Cromwell on Friday 11th November. This group will run fortnightly and provide a wonderful opportunity to meet others with aphasia and have conversations in a safe and supportive way. I would love to connect with people in the region, so please contact me if you are interested in the Cromwell Club, or if you would like to catch up with me.

## AphasiaNZ Update

We have recently produced a new leaflet titled '**Helping people with aphasia to have conversations**'. This is intended to be useful for family, friends, and caregivers. Please contact your local CAA if you would like a copy of this leaflet. Orders for multiple copies can be made by emailing [admin@aphasia.org.nz](mailto:admin@aphasia.org.nz)

Our new booklets on **PPA** and **Aphasia due to Brain Tumour** are also available.

And don't forget we have aphasia wallet cards and booklets. Plus our Stroke and Aphasia Handbook!



## Photos from around the country

This lovely photo is of one of the Kōrero Club meetings in Christchurch.  
Thank you to the group for being happy to share this!



And here we have a photo of Ali D who  
attends the Young Aphasia Group  
rocking her aphasia warrior T-shirt.  
Go Ali!

# Online Group Events

There are several online group sessions coming up. Please [contact Christa](#) to register your interest.



**Conversation and Communication Skills**  
Education Event for Family.

Supporting somebody with aphasia brings many challenges.

If you support a partner or family member with aphasia, you may be looking for more help and information.

When: Tues 29<sup>th</sup> Nov  
Time: 10.30am - 12.30pm  
Where: Over ZOOM

For more information or to register please contact Christa  
email: [waikatowc@aphasia.org.nz](mailto:waikatowc@aphasia.org.nz)  
phone: 021 086 34362

I have aphasia Aphasia New Zealand Charitable Trust  
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## Conversation and Communication Skills

Help and information for family and support people.

**Tuesday, 29th November**  
**10:30am until 12:30pm**

## Workshop on making a Life History Book

Date: Tues 22nd November  
Time: 10.00am – 11.00am  
Where: On Zoom

What we will cover:

- What is a Life History Book?
- How they can help someone with Aphasia.
- Ideas on making your own Life History Book.

**To Register:**  
contact Christa Grbin at  
[waikatowc@aphasia.org.nz](mailto:waikatowc@aphasia.org.nz)  
or on 021 086 34362

## Life History Book Workshop

How these books can help people affected by aphasia, and how to make your own book.

**Tuesday, 22<sup>nd</sup> November**  
**10am until 11am**



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## Support Group for spouses/partners of people with PPA

This is an online group just for partners, where you can share your experiences and coping strategies. [Contact Christa](#) for more information.

## Life History Books

We all have **stories** to tell! It is our **life experiences** that make us who we are. Sharing the stories of our lives is an important way to **connect deeply with others**.

Aphasia can be a barrier to telling our stories. But the stories are still there. What can we do to keep our stories alive when words fail us?

A **Life History Book** is a record of someone's life. It includes stories and photos of the people, places and events that shape their life.

Creating a Life History Book for/with a loved one with aphasia can be a wonderful family project.

AphasiaNZ has gathered a number of templates that you can use to create your own Life History Book for a loved one with aphasia.

Why not attend one of our online workshops?

This will help you get started on making your Life History Book and also give you an opportunity to meet other families developing Life History Books.





# Primary Progressive Aphasia

There is a project underway to produce international consensus on best practice guidance for Speech Language Therapists working with PPA.

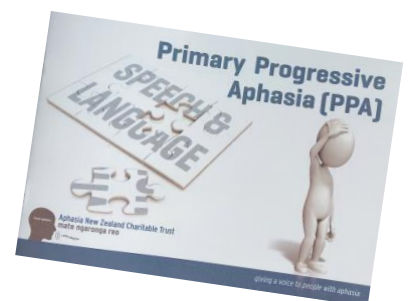
A recent article in the Bulletin for the Royal College of Speech Language Therapists in the UK looked at the development of a new toolkit for PPA.

The toolkit covers a range of domains which may be addressed:

- compensatory approaches – life history books, word lists, mobile phone apps etc.
- communication environment and social inclusion – providing tailored advice for the person with PPA and those around them
- impairment-based approaches – such as practice of specific key words
- education of others
- care planning – looking at the big picture of support for the person and their family
- legal and safeguarding issues – ensuring access to the relevant expertise
- physical health and neurological change – understanding the condition and keeping an eye on the future

The most important consideration is that the focus is on the person with PPA and their family, and support should be tailored in consultation with them. Different aspects/domains are likely to be more important at different times but all should be considered.

***If you would like a copy of our booklet on PPA, please contact the office.***



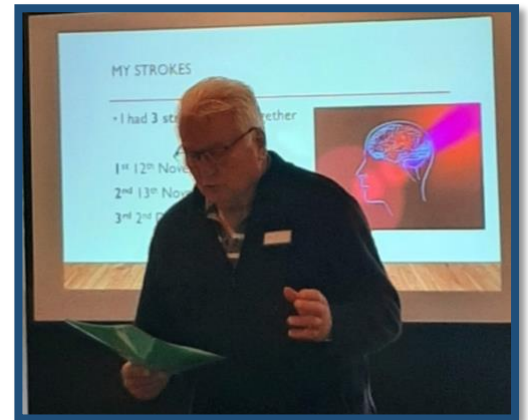
## Hakatere Ashburton Aphasia Day

On Thursday 20<sup>th</sup> October, the **Hakatere Ashburton Aphasia Day** was held in Ashburton, Canterbury. This event was for people with aphasia, their family members, and health professionals in the region wanting to find out more about aphasia and AphasiaNZ. We also wanted to introduce Eleanor Maxwell (Christchurch CAA) and give people in the Canterbury region an opportunity to discuss what support they would like in the future.

**Thank you** to all those who attended our Hakatere Ashburton Aphasia Day. **Ngā mihi nui.** It was a wonderful event with lots of connecting, sharing and learning.

Our first guest speaker in Ashburton was **Kevin Bradshaw, a local Christchurch man with aphasia.** Kevin shared his **aphasia journey** and highlighted to us that he is indeed a “**Stroke Survivor**” not a “Stroke Sufferer”.

Kevin was then joined by two of his **fellow Aphasia MenZshed members** from Christchurch; **Malcolm McArdle and Jo Cooper** (yes this MenZshed is for **women too**). Malcolm and Jo talked about the **success of the Aphasia MenZshed** and what they do together. They then showed us **pictures** of some of Jo’s beautiful **wooden creations**.



**Chris Wyles** (Speech Language Therapist, Clinical Lecturer and AphasiaNZ Board member) followed with an informative workshop “ **What is supported conversation and how can it help you communicate with people with aphasia**”. Chris shared many **tips and strategies** to enhance **conversations** and engaged the group in some **role plays** together with the **people with aphasia** who were attending – real life practice!



Chris also highlighted the **importance** of **\*communication passports**. She talked about **how valuable** they are, particularly when **first meeting** a person with aphasia, to **reduce the power imbalance** that can occur sometimes between **therapists** or **health professionals** and **people with aphasia**. Health professionals and therapists – **do you have a communication passport?**

\*A **Communication Passport** is a paper **book** (or can be electronic version) and a way of **introducing yourself**:

- who you are
- **what's important to you** (using pictures and some text)
- some key information to **help you connect with another person**.



Communication Passports can be **used by anyone** – health professionals, therapists, people with aphasia. For more information about communication passports, visit:

[Tip of the Month April - Communication Passports \(talklink.org.nz\)](http://talklink.org.nz)



*"Was a great balance of information and reality with guest speakers"*

*The best thing of the day was "learning about aphasia and hearing actual experiences of people living with aphasia"*

*"Thank you for this very informative and helpful morning"*





## Technology Corner

Tactus Therapy is having a **sale** from the **15th November until the end of the month.**

- Aphasia Essentials Bundle: normally \$199.99; sale price \$159.99
- Aphasia Elements Bundle: normally \$119.99; sale price \$94.99
- Number, Category: normally \$29.99; sale price \$21.99
- Apraxia, Conversation: normally \$36.99; sale price \$29.99
- Language, Advanced Language: normally \$109.99, sale price \$94.99

The Tactus language apps are the most requested in our iPad loaning scheme. You can try the lite versions for free if you have never tried these before.



## Do you use Instagram?

You can follow **AphasiaNZ @aphasia\_nz** – let us know what you like to see!



A young British man who had a stroke just under two years ago has been sharing his progress and his therapy sessions on Instagram. He says *"I want my story to be a little bit of hope for people who have suffered from a stroke and people who are working with those who have."*

You can follow him **@theapraxiaman**



## Text-to-Speech Apps

Reading difficulties are common for people with aphasia. Some people have difficulty reading text, while others understand better when they read. This can be very frustrating.

Text-to-speech features help with reading comprehension. The following apps can be downloaded on devices for free, but some cost to use monthly.



- **Speechify**



Speechify uses text-to-speech technology to make reading easier. The app can read aloud everything from news articles to PDFs to social media posts and emails. It was designed by a person with dyslexia and aims to help others with reading difficulties. It comes with a text highlighting feature, alter speech sound speed, and can read books in different languages.

- **Kindle**



You can read eBooks through the Kindle app. There are different tools available, like a bookmark, highlighter, notebook, and even adjustable settings to make the document easier to read. Most Kindle content are eligible for Text-to-Speech.

- **Audible**



Audible lets you download and listen to audiobooks and original podcasts.



- **Siri**



Siri is a built-in, voice-controlled personal assistant available for Apple users. The idea is that you talk to him/her and aims to help you get things done. You can ask questions (What is the time/weather?), tell him/her to show you something or issue him/her with commands (Shopping list, reminders, alarms) to do for you. Siri is also capable of reading any text aloud. To access Siri's read-aloud capabilities, navigate to Settings > Accessibility.

- **eBooks and Audiobooks at New Zealand Libraries**

Most libraries have apps that lets you download eBooks for free. You need to be a member of the library and have a device so you can download an app.

**Libby, Wheelers and BorrowBox** are popular apps but all are easy to use and most let you access books for up to 14 days. Some of these apps also provide audiobooks.



**Feedbooks** provides thousands of free e-books that have become accessible. Other options include **Free-eBooks.net** and **[openlibrary.org](http://openlibrary.org)**. If you prefer audiobooks, then take a look at **LibriVox**.

Find out more by visiting or contacting your local library.

- **More Apps**

There are many apps that can help with reading text aloud. Search for 'text-to-speech' apps in the device's app store.



## Trustee Talk with Chris Wyles

In August I made the transition from being the Community Aphasia Advisor (CAA) for Christchurch to becoming a **Board Member** for AphasiaNZ. It was valuable to have the practical experience of being a CAA prior to joining the Board.



I feel the most important aspect of the CAA's role is the ability to put people with aphasia in touch with other people with aphasia; this might be by inviting them to a Kōrero Club, or by introducing them to other people with aphasia, or by including them in an online group.

Being part of a supportive community of people who understand and accept you is so beneficial to well-being, and it is hard to imagine how the aphasia community would exist without the work of AphasiaNZ's CAAs.

**Writing** the monthly **report** and monthly **invoice**, and getting them in on time, was probably my **least favourite** part of being a CAA! When I joined the Board of Trustees, I quickly realised the **importance** of getting the **paperwork** in **on time**, as the timeframe between getting all the CAAs' documentation in, reading and processing it before the monthly Board meeting is very tight.

At my first Board meeting, Kate explained how most of the grants AphasiaNZ receives can only be assigned to particular people or services in particular regions. The **funds** come in at different times and have





different cut-off dates - it was like a **giant jigsaw puzzle**. It was only then that I fully appreciated how **complex** and **time-consuming** it is to run a charitable trust and how much **work** the **Trustees** put in to ensure there aren't any gaps in AphasiaNZ services around the country. Almost all the **funding** is **tagged** to a **specific region** and for a **specific purpose**.

Money for administration costs is not considered a priority by many donors and is therefore a constant challenge. I have become very aware of how many funding applications are made. These applications are time-consuming to make and they are not always successful; particularly in these post-Covid times.

In addition to financial matters, we discuss and problem-solve staffing issues such as supporting existing staff and new staff in their CAA roles, how to address staff vacancies, how to raise awareness about the services being offered, where and when Aphasia Days should be held, how to support and promote the online services AphasiaNZ runs. This is not an exhaustive list.

Since joining the Board of Trustees, I have become very aware of all the work that quietly goes on in the background. Ensuring that AphasiaNZ is continuing to provide a **high quality service** to all regions of **New Zealand** is the main **focus** for the Board. The Board are a small group of dedicated and hard-working people who want to see AphasiaNZ continue to succeed and flourish.



## 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](mailto:info@aphasia.org.nz)

### **Through our website:**

[www.aphasia.org.nz](http://www.aphasia.org.nz)



### **On our Facebook page:**

[www.facebook.com/AphasiaNZ](http://www.facebook.com/AphasiaNZ)

**We look forward to hearing from you**

*E tatari ana matou ki te whakarongo ki a koe*



## 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 - 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?

You donations enable us to provide Community Aphasia Advisor (CAA) services across New Zealand.

Donations can be made online into the AphasiaNZ bank account, or by credit card via PayPal online.

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!](#)**

Spot the spelling mistake?? [Email us](#) to tell us where it is and win a prize!

## Games

**Practice language skills at home with family and friends during the Christmas holiday season**

⇒ **Bananagrams or Scrabble**



⇒ **Heads Up** (Free app on phone)

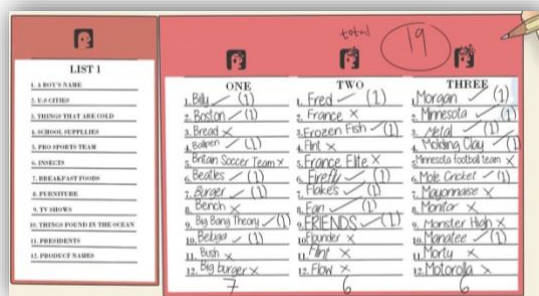


The following games can be adjusted by using communication strategies such as giving more time or assisting with writing or describing a word.

⇒ **Pictionary**



⇒ **Scattergories**



⇒ **Articulate**

