

# theword



Aphasia New Zealand Charitable Trust  
mate ngaronga reo



**Issue 54**

**Autumn 2024**

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This is a dahlia from my garden – Kate.

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## From the Office

Summer has come and gone! I hope you all enjoyed the good weather and spending time with loved ones over the holiday season. Many apologies for the lack of a summer newsletter (blame Covid!).

I really enjoyed seeing photos of the Kōrero Club Christmas celebrations around the country. They all looked like great fun – and with delicious food..

We are now well back into the swing of providing support through our Community Aphasia Advisor team. Most of our groups have been meeting since late January or early February.

We have opened nominations for the Emma Castle Award for excellence in Aphasia – check your emails for information on how to nominate someone. You can also contact us if you would like us to send you a nomination form, or help you to complete the form.

Planning has started for Aphasia Awareness Month in June. This is our opportunity to raise awareness within our communities and to help other people to understand what aphasia is, and what impact it has on your life.

Would you like to share what aphasia means for you? We would love to have some short (2-3 minute) videos that we could post on social media to help raise understanding. Please contact your CAA or the office if you would be interested in being in a video. **We need your help for this.**

*Until next time... Kate*



## Community Aphasia Advisor News

We are delighted that Alison Lunn has joined us as the CAA for Central Otago. Ali introduces herself below.

The Trust is still looking for Speech Language Therapists to work as CAAs in Auckland. Please don't hesitate to [get in touch](#) if you are an SLT who is interested in supporting people affected by aphasia. It is a great role!

While we do not currently have CAAs in Auckland, we try to phone everyone referred for support in the region and we will support you to the best of our ability. We will also link you in with other support options where we can.

Did you know we have three online Kōrero Club meetings each week? We also have our Young Persons online group, which also has a WhatsApp chat. And we have a Primary Progressive Aphasia group which meets over Zoom. [Contact us](#) if you would like to know more.

## Hello from Ali

I would like to introduce myself as the new CAA for Central Otago. My name is Alison Lunn and I have taken over the role from Emma Burnip who finished as the CAA in October last year.

I am delighted to take up this role and support our members and their families with aphasia across the Central Otago region

I have been working as a Speech and Language therapist for twenty eight years. I am originally from Scotland (some people have already picked up my accent on the phone 😊).

I live near Omakau, Central Otago, with my husband and three children after moving from Canterbury in 2022. My husband was born and bred in Central Otago, so it's wonderful to come back to be closer to family. You will always find me outside with my family, horses and dogs.



I have a passion for working with people who have communication and swallowing difficulties associated with neurological conditions. I have extensive experience of working in hospital and community settings and this role is a wonderful extension to that.

I am keen to get the Kōrero club running again in Cromwell over the coming weeks. I am looking forward to meeting everyone over the course of the next few months. Please contact me if you would like my support. It's a privilege to work with you all.





## AphasiaNZ's Community Aphasia Advisors (CAAs)

### Auckland Central and Franklin – Vacant

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)

### 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 – Vacant

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

### Rotorua – Milli Goodrich

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– Alison Lunn

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

### Dunedin – Meryl Jones

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

### Invercargill – Megan Bell

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

### Friends CAA – Nicole Lewis

Email: [admin@aphasia.org.nz](mailto:admin@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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## Telling our stories

We all have stories to tell. Stories from our childhoods, stories about our pets, stories about our travels, our interests, our beliefs. Having aphasia can be a barrier to being able to tell our stories, but the stories are still there, inside of us.

Those stories all add a layer to who we are, and knowing those stories helps other people to know us better.

At AphasiaNZ we believe it is important to find ways for people with aphasia to tell their stories. In the past people have made photo books and scrap books to gather and share stories. Nowadays it is possible to use apps and other computer programmes.



There are advantages and disadvantages to both physical and electronic life history books.

What is your preferred way to share your stories?

If you have a loved one with aphasia, would you be interested in attending a workshop on creating life history books?

Please [get in touch with us](#) to let us know if you would like to take part in a workshop. Tell us what sort of book you are interested in creating!



## International news

The Australian Aphasia Association and Stroke Foundation in Australia have produced a new Aphasia Handbook. You can download the pdf of the [handbook here](#). This is a great resource with information, resources and communication support.

Speech and Language Therapists from the School of Health and Psychological Sciences at City University in London have produced a film series aiming to help healthcare professionals to support the emotional recovery of people after a stroke and aphasia. The [news article is here](#), and all the videos can be viewed in the article. I really enjoyed the video 'Psychological journeys after stroke and aphasia: Jo and Michael's stories'.

The Tavistock Trust for Aphasia has updated their Aphasia Software Finder website to make it easier to navigate. The website has information for people affected by aphasia and professionals. Here is the link to the website [aphasiasoftwarefinder.org](https://aphasiasoftwarefinder.org)

And here is a [YouTube video](#) summarising the research article 'Online Aphasia Groups: Navigating Issues of Voice and Identity' which was published in the American Journal of Speech-Language Pathology in January 2024.

For those affected by PPA, here is the [link to an article](#) written by a family member about 'How to be there for someone with Primary Progressive Aphasia'.





People with aphasia and supporters (family, friends, carers) can attend IARC 2024 in 2 ways:

**1. Attend the “Access Session”**

- The presentations in this session will be delivered in a communication-accessible way.
- This session is free for people with aphasia and supporters. Attendees are also invited to join lunch before the session and drinks after the session free of charge.

Register here:

<https://www.eventbrite.com.au/e/851893274717>



**2. Register for the full conference.**

- Discounted rate of \$100. Includes the “Access Session”.
- Sessions within the general program are not designed to be communication accessible. However, student volunteers will be available to support people with aphasia if desired.

Register here:

<https://shrs.uq.edu.au/research/research-centres-and-units/qarc/aphasia-conference>



Need help? Email [IARC2024@uq.edu.au](mailto:IARC2024@uq.edu.au) or call Sarah on (07) 3346 7453



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## International Aphasia Rehabilitation Conference 2024

This conference is being hosted by the Queensland Aphasia Research Centre at the University of Queensland in Brisbane, Australia.

Registrations are now open. The conference runs over three days, with an afternoon session on the first day (1 July) dedicated to sharing research with people who have lived experience of aphasia.

This session is free to attend if you have aphasia or are a family member or carer for someone with aphasia. There will be 5 spoken presentations and 20 poster presentations in the session.

Please note – there are **no online presentations or attendance**.

The link to the conference [information and to register is here](#).

### What have we been up to on Social Media?

In February, we focused on non-fluent aphasia (also known as Broca's aphasia). For the month of March we are focusing on fluent or Wernicke's aphasia.

Do follow us on Facebook and Instagram! Liking our posts, and commenting will help you to see more of what we are doing. We love to get your feedback.



## Technology Corner

### What if I don't want to/can't download an App?



If you would like to try therapy tasks for aphasia without having to sign up or pay for an app, then [aphasiatherapyonline](https://aphasiatherapyonline.com) is a website developed by a Speech Pathologist from Melbourne, Australia. Dr John Pierce works in the Centre for Research Excellence in Aphasia Recovery and Rehabilitation at La Trobe University.

The therapy tasks are free (thank you Dr Pierce!) and cover:

- Letter matching across case and font
- Picture to written word matching (multiple pictures or multiple words)
- Picture to auditory word matching
- Written to auditory word matching
- Written to auditory letter matching
- Typing spoken words
- Typing spoken letters
- Written picture naming
- Spoken picture naming
- Answering written yes/no questions

The tasks are available in multiple languages –Arabic, English, German, Mandarin, Portuguese (European and Brazilian), Spanish (European and Latin American), Turkish, Urdu, and Vietnamese.

The plan is to offer the most common languages – if you think you can help with translation, get in touch with Dr Pierce!



## 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*

*If you have prior governance experience and an interest in serving as a Trustee for AphasiaNZ, please do get in touch with us at the office.*



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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 - 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?

Your donations enable us to provide information, resources and 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. The easiest way to donate is to visit our website.

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

### **Please click here to donate online today!**

And lastly.....before you go... People with aphasia- can you spot the spelling mistake?? [Email us](#) to tell us where it is and win a small prize!

