

The New Zealand Stroke and Aphasia Handbook

Information and advice – some for now, some for later



Aphasia New Zealand Charitable Trust
mate ngaronga reo

))) \ ahve ahapisa

giving a voice to people with aphasia

the stroke and aphasia handbook

This book is for:

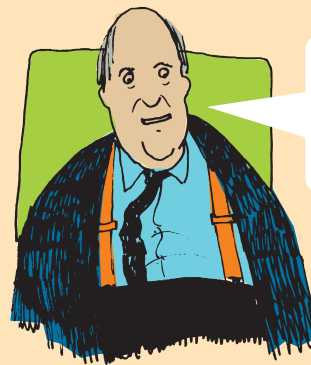
- people with **aphasia**
- people who have had a **stroke** or **brain injury**
- **family** members and **friends**
- people working in **health** and **social care** settings
- **volunteers** and **helpers**.

Having a stroke and aphasia can be **frightening**.

You may feel **uncertain**.

You may feel as if you're on your own.

Taking part in **decisions** and **choices** can be hard.



I had a **stroke**.
Now I have
aphasia.

This book is to help **you** and **other people**:

I have **aphasia**.
This book **explains**.
It answers
my questions.

get information

find answers to
your questions

come up with
practical ideas

hear how
other people
manage

This book is for you.



There's a lot of
information here.
You may want to look
at some things **now**.
Some things may
be useful **later on**.



Look at the **back
of the book**.
There are some
cards to help you
and others with
communication
and **questions**.

Start here



- How to use this handbook
- What is aphasia?
- Making communication work
- Conversations
- Understanding information
- Using the phone
- Using your mobile phone
- Using the internet
- Using an advocate

What happened?

- Stroke
- More about aphasia
- Being in hospital
- Speech and language therapy
- Coming out of hospital

What next?

- Getting support at home
- Money and benefits
- Work and employment

Living with stroke and aphasia

- Your relationships
- Transport and travel
- Education
- Your interests
- Access

Choices and rights

- Your rights as a patient
- Your rights as a disabled person
- Aphasia and disability
- Complaints
- Contact with the law

More help

- About Aphasia NZ
- Other publications from us
- About the Stroke and Aphasia Handbook
- Places to get more information
- Glossary
- Index
- What's in the pocket

How to use this handbook

Use the dividers to take you to different sections.

The sections talk about aphasia, beginning with the early days after a stroke and moving onward

If you want to find out more, use these contact details

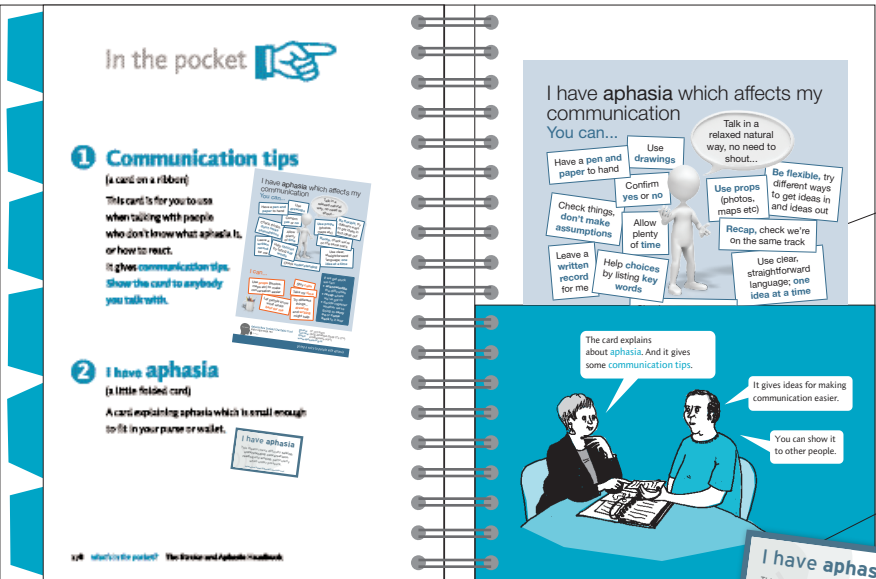


Straightforward text

People with stroke and aphasia guide you through the text

Pictures help explain what is going on

Keywords at the bottom tell you what the page is about



Communication tips to help you and others understand each other

For your purse or wallet, if you want it.

Briefly explains aphasia to others

He aha te mate ngaronga reo?

Tērā pea kua kōrero tētahi kia koe kua pāngia koe e te **mate ngaronga reo**.

Mehemea kei a koe te mate ngaronga reo, tērā pea he uaua ētahi o ēnei tūmomo mahi kia koe:

- te kōrero
- te mārama i ngā kōrero o ētahi atu
- te pānui pukapuka
- te tuhituhi
- te tātai nama.

Ahakoia kua pāngia koe e te mate ngaronga reo, ka taea tonu koe te ātā waihanga whakaaro. Engari ko te raruraru ko te whakapuaki i ngā kōrero me te mārama i ngā kōrero hoki. Kua mārama rātou ki ō rātou ake whakaaro me o rātou aronganui, engari kāore taea rātou te whakaputa i ngā kupu ki te whakamōhio atu ki ētahi atu.

Mehemea kei a koe te mate ngaronga reo:

- he tangata mātau tonu koe
- mōhio tonu koe he aha ngā kōrero e hiahia ana koe te whakaputa
- mōhio tonu koe ki te whakatakoto whakaaro
- ehara i te mea he turi koe.

Kua pāngia ahau i te mate ngaronga reo engari kāore e taea e au te whakaputa i ōku whakaaro

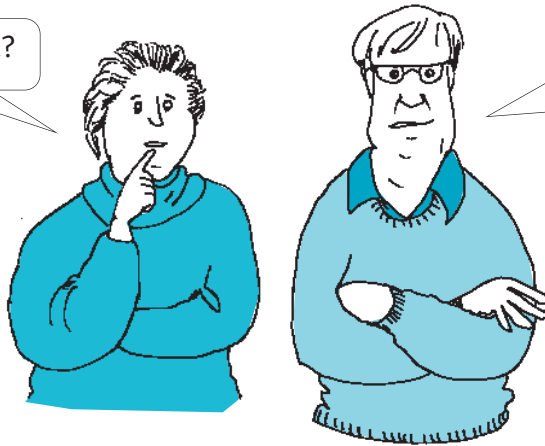


Engari mehemea kei a koe te mate ngaronga reo, he uaua te whakawhitiwhiti kōrero. Māu anō e whakatau te reo e tika ana kia koe, kia mārama ai ngā kōrero kua tukuna atu kia koe.

What is aphasia?

You may have been told that you have **aphasia**.

What is **aphasia**?



Aphasia affects a person's ability to communicate with others.

If you have aphasia, you may find it hard to:

- talk
- understand others when they speak
- read
- write
- use numbers and do calculations

People who have aphasia can usually think clearly.

But they have difficulty getting **messages in and out**.

They know what they think and feel, but can't get to the words.

If you have aphasia:

- you are still a **competent adult**
- you **know** what you want to say
- you can make your own decisions
- you are not deaf

I have **aphasia**.
I can think clearly.
But I can't get the
messages in and out.



But aphasia means you have a problem with **communication**.