

Section 1: Aphasia and technology

In this section:

- Learn about **aphasia**
- See how **technology** can **help** you **communicate**.



What is aphasia?

Aphasia affects language.

Aphasia can make it hard to **understand speech, speak, read, write** and use **numbers**.

Your own aphasia is unique to you.

Aphasia does **not** affect your **intellect**.

One third of stroke survivors have **aphasia**.

Technology can help you communicate

Communication is **more** than just **talking**.

Communication can be writing, gestures, pictures, facial expressions and speaking.

Technology can help **communication**.



Try different things and see what works for you.

Try using a video call.



On a video chat you can **gesture**.

You can type **keywords**.

You can show **facial expressions**.

Try using pictures



Take or **show pictures** to help communicate.

Show **photos** of places you visited to your friends.

Use a **map** to **show** where you went on **holiday**.

Show a **YouTube video** in a **conversation** about your **favourite music**.

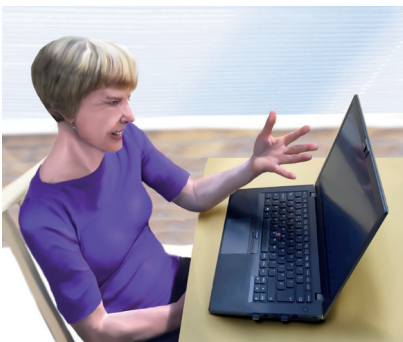
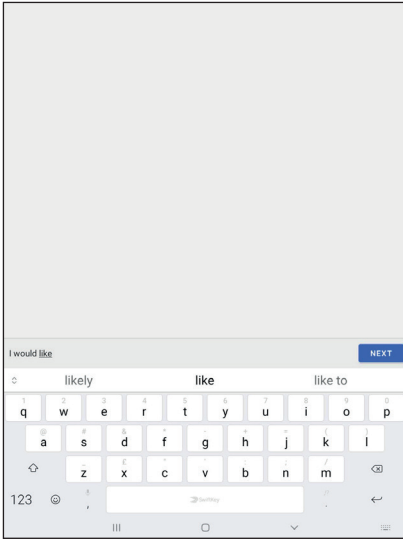
Use a **film website** in a **conversation** about what **film** you want to see.

Technology can help with reading and writing.

You can use **text-to-speech** which will read documents aloud.

Use predictive text on phones and tablets.

This helps by **guessing** what **word** or **phrase** you will write next.



You might find it **hard** to **use technology** now you have aphasia.

Technology can **change quickly**.

You can use a computer, laptop, tablet or smart phone.

People who **design technology** may not think about people's **different needs**.

It might be **hard** to **remember passwords**.



Learn at your own pace

You **do not** need to **learn everything** at once.

Take things **one step** at a **time**.

It might take time to **build** your **confidence**.

It can help to **practise** with a **family** member or **friend**.