





# Getting online for people with aphasia

Rebuilding lives after stroke

**Stroke**  
Association



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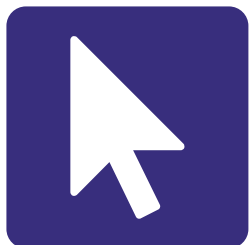
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# Foreword

## Using this guide



This guide is for **people with aphasia**.

This guide is also for your **family and friends**.

It has information about **getting online** and **using technology**.

You can **get online** even if you have never done this before.

This guide has **14 sections**.

You do not need to use all sections.

Take your **time** and work at your **own pace**.

Practise with a **family member** or **friend**.

There are **videos** with step-by-step guidance.

You can find the **videos** on **My Stroke Guide**.





At the **start** of **each section** there is an **'In this section'**.

This **tells you** what is in the section.

We try to give **clear instructions**.

The instructions might **not work** on **all devices**.

You might need to get **individual advice** if something does not work.



The **Stroke Association** does **not give individual advice** about which app or technology to use.

Look at **section 14** to find out about **additional support**.

## Thank you

**Thank you** to everyone involved in the making of this guide.

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