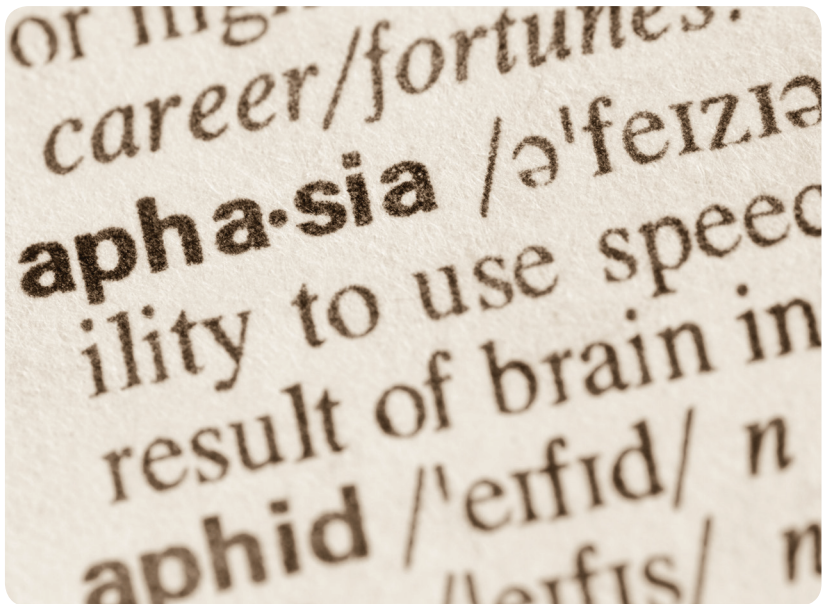


Aphasia



What is Aphasia?

Aphasia is an impairment in the ability to use and/or comprehend language. It is most commonly caused by a stroke but can also result from other brain injuries like head trauma, brain tumours or infections.

Aphasia does not affect the individual's intelligence or ability to think. They know what they think and feel but have difficulties getting their message across.

Impact of Aphasia

Aphasia affects everyone differently. Aphasia may make it hard for a person to understand, speak, read and/or write. Some Persons with Aphasia (PWA) are unable to speak at all, while some others may have a few words. Some may still be able to speak fluently but have difficulties constructing their message accurately.

Daily activities like having conversations, talking on the phone, text messaging, understanding signs and following instructions may suddenly become difficult for the PWA. Their families and friends may also find it difficult to interact with them in conversations and through text messages.

Therefore, aphasia may lead to isolation, relationship problems, anxiety and depression.

What can caregivers do to help?

- Make sure you have the PWA's attention before talking
- Eliminate or minimise background noise (e.g. television, other people talking) when talking
- Speak in short simple sentences slowly
- Be clear and introduce one idea at a time
- Allow time for the PWA to respond
- Encourage use of other ways to communicate (e.g. gestures, drawing, writing)
- Continue normal activities whenever possible (e.g. family dinners, outings)

What should caregivers refrain from doing?

- Avoid shouting
- Avoid sounding condescending (i.e. treating the PWA like a child)
- Avoid rushing the PWA in conversations
- Avoid frequent criticisms and corrections
- Do not ignore the PWA in a conversation

Prognosis and therapy

Some spontaneous recovery of language and speech may occur without speech therapy. This occurs as the brain heals naturally in the months immediately following the brain injury.

For most PWA, speech therapy is important in improving their communication skills. This may include direct work with the individual and/or training of their caregivers to be involved in therapy.

How can speech therapy help?

Speech therapy can help to:

- 1 Improve specific and relevant skills for understanding and using language in everyday life or returning to roles meaningful for the PWA
- 2 Teach strategies to facilitate effective communication between PWA and conversational partners
- 3 Help the PWA regain confidence in communication

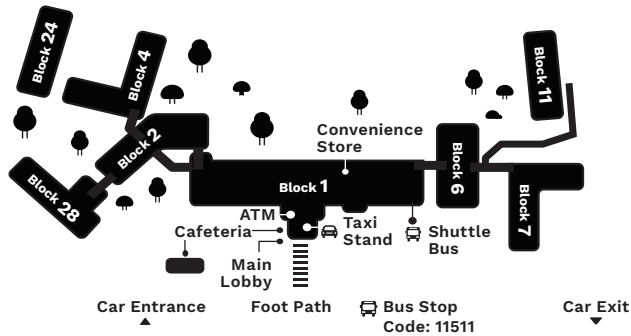
Contact us

For general enquiries

For general enquiries or to make/change an appointment, please contact our **Main Line** at **+65 6472 2000**.

Notes:

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (May 2020) and subject to revision without prior notice.

© 2020, Alexandra Hospital. All rights reserved. No part of this publication may be reproduced without permission in writing from Alexandra Hospital.

Alexandra Hospital | 378 Alexandra Road, Singapore 159964.

Main Line: +65 6472 2000 | Fax: +65 6379 4339 | www.ah.com.sg | [f](#) [t](#) [@](#) AlexandraHospitalSG