BALLARAT COMMUNITY APHASIA GROUP

Connect

Communicate

Support



In partnership with





WHAT IS APHASIA?

Aphasia is an **acquired communication disorder** caused by injury to the parts of the brain that are responsible for language.

Aphasia can result from a **stroke**, **traumatic brain injury**, **tumour**, **and various other neurological conditions**.

There are over 120,000 Australians who are affected by Aphasia.

People with aphasia may have difficulty with:

- Talking
- Understanding what others say
- Social situations
- Reading
- Writing

You can liken aphasia to when you are in a **foreign country** and you **cannot understand** their language, and **cannot express yourself** in their language. It is **frustrating** and challenging to communicate. This is what it is like for people with aphasia – they are still **competent people** who may be unable to show that competency without **additional support.**

For further information: https://www.aphasiavic.org.au https://www.aphasia.org

What is it like living with aphasia?

"For me, every interaction with someone has the potential to be confusing; has my damaged brain interpreted or processed the question correctly or not? As a result, I feel anxious about what have I possibly missed such as key words, important dates, who, what and where."

- 38 y.o male with aphasia

"It's hard because you have to really think and speak whereas before speaking just came naturally.

"I sometimes get mixed up, for example, I was speaking to someone on my walk and he asked me about my ancestry. I said I came out on the first fleet instead of my great grandparents came out early to Australia!"

"It affects my word finding, reading, working out money, maths and ability to understand when people speak too fast."

- 30 y.o female with aphasia

"I am OK with "Social" conversation Eg; Being asked how are you, or how are the children, also past events as I can guess to fill the gaps.

I can't handle business or telephone conversation.

I can't go to movies or shows. [because I can't understand what the actors are saying]

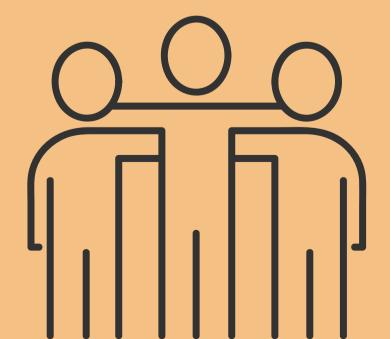
I can record TV so that I can stop and ask questions, who was that, what did they mean. Listen until the next up hurdle!

I CAN read a book with 'voiceover' so I can control the speed of speech."

WHAT IS A COMMUNITY APHASIA GROUP?

Community Aphasia Groups provide an **opportunity** for people with aphasia and their families to **connect** with other **people living with aphasia**.

Research has shown that community aphasia groups can assist with overcoming challenges following an acquired brain injury and can help people to find new ways to live a positive life with aphasia.



WHAT DO COMMUNITY APHASIA GROUPS PROVIDE?

- Vital opportunities for community participation.
- A safe and supportive environment to meet new people who have a shared understanding of another's situation.
- Opportunity for caregivers/spouses of people with aphasia to provide support to one another.
- Resource Networking The collective wisdom, knowledge and varied experiences of the group members may provide resources for enhancing quality of life.

Quote from a person with aphasia:

"I love my Aphasia group because everyone understands and they know exactly what it's like."

EXPRESS YOUR INTEREST

If you are:

- a person living with aphasia or their support person/carer
- eager to meet others who may understand your communication difficulties
- interested in becoming a member of a Community Aphasia
 Group in Ballarat

Please contact Ballarat East Neighborhood House on 0422 612 052 or reception@ballarateastnh.org.au

If there is enough interest to run the group, it will be held at the **Ballarat East Neighbourhood House**. Further details to come.





Sources:

- https://www.aphasiavic.org.au/understandingaphasia/
- https://www.aphasia.org
- https://aphasia.community

