

# 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."*

*– female with aphasia*

# 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.

In partnership with



Sources:

- <https://www.aphasiavic.org.au/understanding-aphasia/>
- <https://www.aphasia.org>
- <https://aphasia.community>

