POLICY BRIEF

LIVING WELL WITH APHASIA IN IRELAND

APHASIA-FRIENDLY SUMMARY





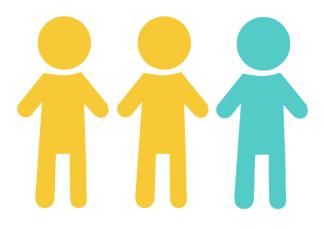




LIVING WELL WITH APHASIA IN IRELAND

BACKGROUND

- **Aphasia** is a **language** and **communication impairment** after brain injury and stroke.
- It can affect **speaking**, **understanding**, **reading** and **writing**.
- **One third** of people with **stroke** have aphasia.
- **People with aphasia** are often left out of stroke studies.
- This means that **there is not enough evidence** around supporting people with aphasia after a stroke.
- More working-aged people are having strokes.
- It is important to ask working-aged **people with aphasia what helps** them to live well.
- We need to know what helps so that we can plan better support.

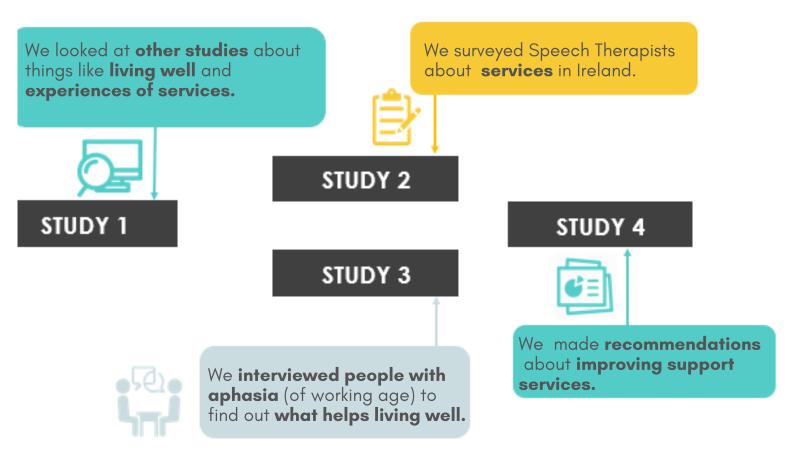


LIVING WELL WITH APHASIA IN IRELAND

Aphasia-friendly summary

WHAT DID WE DO?

- We **worked with people with aphasia** at all stages of the research.
- This helped to make the research about things that are important to people with aphasia.
- This also helped to make the research **aphasia**-**friendly**.
- The project had 4 studies. These are **shown below**.



Aphasia-friendly summary

WHAT DID WE FIND OUT?

Living well with aphasia is made easier by...





2) Information about aphasia.



3) Being **valued** in society.

LIVING WELL WITH APHASIA IN IRELAND

Aphasia-friendly summary

WHAT DID WE FIND OUT?

Living well with aphasia is made easier by...



1) Aphasia-friendly health services.

These include:

- Support in the long-term after a stroke.
- Support for **families + children** of people with aphasia.
- **Counselling** or emotional support.
- Speech therapy.
- Key-workers and home help.

Aphasia can make it **harder to get support**. So, at <u>all</u> stages of recovery, people with aphasia need:

- Advocacy and stroke liaison support.
- Healthcare staff to know about aphasia.
- Information about services.

WHAT DID WE FIND OUT?

Living well with aphasia is made easier by...

2) Information about aphasia.

- **Knowing about aphasia** is important for people with aphasia (and their families).
- Some people with aphasia (and families) will still need information **years after stroke**.
- **Meeting others living with aphasia** may help people with aphasia (and families) to learn about it.

WHAT DID WE FIND OUT?

Living well with aphasia is made easier by...



Being **part of the community** is an important part of living well with aphasia. This can include:

- Opportunities for **paid employment** and **return to work**.
- Volunteering and helping others.
- Further **education** and **training**.
- Raising awareness of aphasia.
- Political lobbying.
- Stroke and aphasia groups and organisations.

RECOMMENDATIONS

At all stages of recovery, people with aphasia should:

1) Be **included** in stroke research, policy and services.

2) Be seen by **healthcare staff** trained in **aphasia communication**.

3) Be linked with a stroke liaison worker.

4) Have high-quality information on living well with aphasia in Ireland.

5) Have access to aphasia-friendly **counselling and emotional care** (and for families).

6) Have opportunities for **training** and **paid** employment.

7) Have access to **Speech Therapy** to help them to be a valued part of the community.

THE RESEARCH TEAM

- Dr Molly Manning, University of Limerick (UL)
- Professor Anne Hickey, Royal College of Surgeons in Ireland
- Professor Rose Galvin, UL



CONTACT

9

Dr Molly Manning

University of Limerick molly.manning@ul.ie \checkmark