

Living Well with Aphasia: Speak Up, Stay Connected

This webinar is about:

- Ways to **communicate** clearly
- Ways to **stay connected** with others
- How to **feel more confident** to speak up and ask for support

Section 1: What we'll learn – *fill in the blanks*

I can communicate by: _____

I can stay connected by: _____

I can speak up by: _____

Section 2: My communication strategies

One strategy I will try: _____

A tool that might help: _____

Section 3: Staying connected

One person I will reach out to: _____

One activity I will try: _____

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Section 4: Support (caregiver or self)

One way to give support: _____

One way to take care of myself: _____

Section 5: Speaking up

One place I will speak up: _____

What I will say: _____

Remember!

Five ways to live well with aphasia:

1. Use supported communication strategies
2. Stay socially connected
3. Take small, consistent steps
4. Work together (person with aphasia & communication partner)
5. Advocate and raise awareness