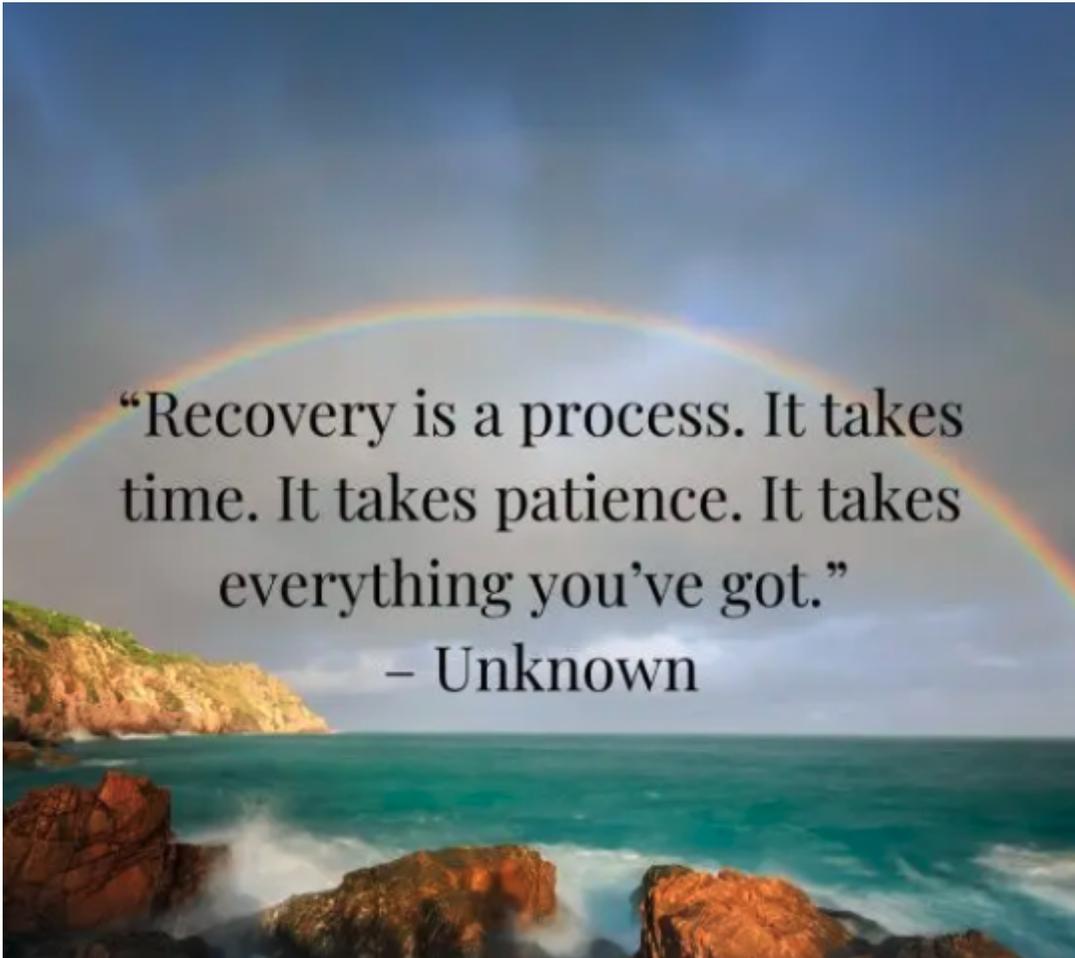


Speech Recovery Pathways



Sep 2022

September Quarter Newsletter

A photograph of a coastline with a rainbow arching over the ocean and rocky shore. The sky is overcast, and the water is a vibrant turquoise color. The foreground shows dark, jagged rocks.

“Recovery is a process. It takes
time. It takes patience. It takes
everything you’ve got.”

– Unknown

Monthly Highlights

- Interview with Member
- Spot the Signs of a Stroke F.A.S.T.
- Tips and Tricks
- Crossword Games
- Polly Pies Event
- Caring for the Caregiver Article
- Volunteer Highlight



Interview with Marilyn

Marilyn has been a part of Speech Recovery Pathways since the beginning of this year. Each week she looks forward to participating in her online groups, especially speech recovery pathways's book club. She feels meeting and discussing

information is therapeutic and has helped her improve. She finds the group to be so enjoyable that she also participates in another aphasia book club run by the Los Angeles Public Library.

Marilyn was a dialysis nurse for over 30 years. She graduated from one of the best nursing programs in the USA, Cal State Long Beach. She has helped out with hemodialysis and peritoneal dialysis, helping many people throughout her life.

Want to hear more from Marilyn's interview? Check out some of the highlights here

<https://youtu.be/1DFKe3vOJBc>

Spot the signs of a stroke

F.A.S.T.



FACE

Ask the person to smile.
Is one side of the face drooping?
Ask the person to stick out their tongue.



ARMS

Ask the person to raise their arms.
Is one arm weak?



SPEECH

Ask the person to speak.
Is their speech slurred?



TIME

Call 911 right away at the
first sign of a stroke.

Tips for Communicating with a Person Who Has Aphasia

These tips may make it easier for you to understand and talk with others. Share these tips with your family and friends.

To help me talk with you:

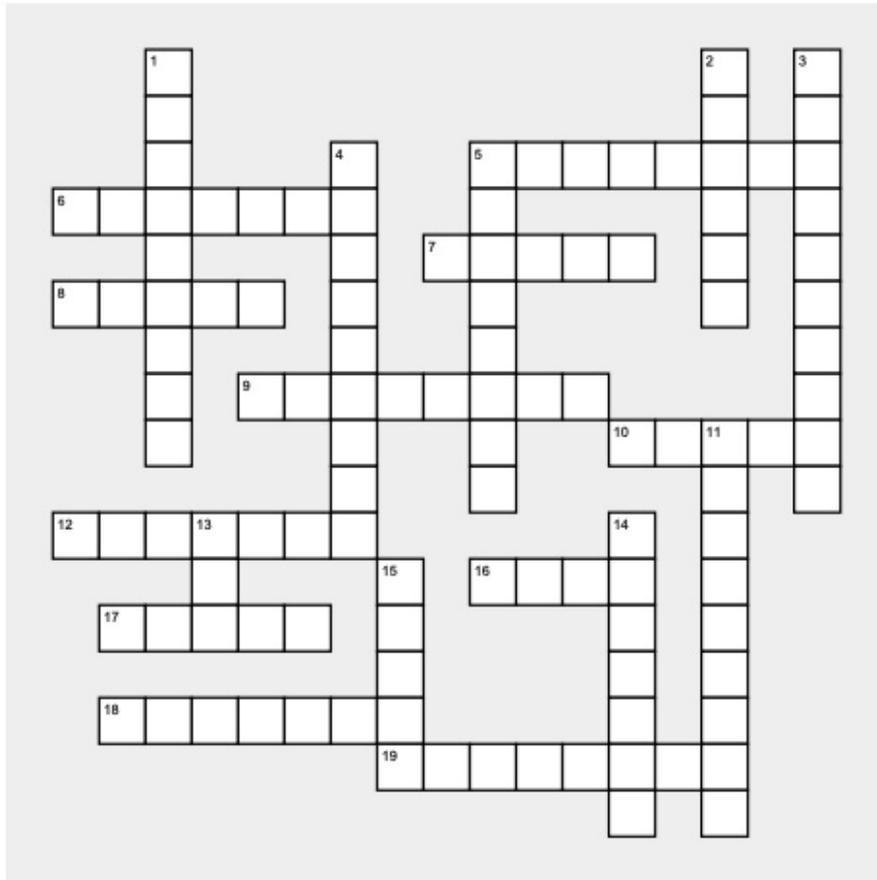
1. Get my attention before you start speaking.
2. Keep eye contact with me. Watch my body language and the gestures I use.
3. Talk to me in a quiet place. Turn off the TV or radio.
4. Keep your voice at a normal level. You do not need to talk louder unless I ask you to.
5. Keep the words you use simple but adult. Don't "talk down" to me.
6. Use shorter sentences. Repeat key words that you want me to understand.
7. Slow down your speech.
8. Give me time to speak. It may take me longer. Try not to finish my sentences for me.
9. Try using drawings, gestures, writing, and facial expressions. I may understand those better than words sometimes.

10. Ask me to draw, write, or point when I am having trouble talking.
11. Ask me "yes" and "no" questions. Those are easier than questions that I have to answer in words or sentences.
12. Let me make mistakes sometimes. I may not be able to say everything perfectly all the time.
13. Let me try to do things for myself. I may need to try a few times. Help me when I ask for it.

Excerpt from Aphasia. (n.d.). ASHA American Speech-Language-Hearing Association.

<https://www.asha.org/public/speech/disorders/aphasia/#about>

Animals Crossword



ACROSS

- 5) Nut collector
- 6) Emu's cousin
- 7) Bullwinkle, for one
- 8) Centaur, in part
- 9) Aquarium favorite
- 10) Sea spouter
- 12) Barnyard bird
- 13) Alley ____
- 16) Fox's prey
- 17) Furry swimmer
- 18) Bird with flippers
- 19) Aussie hopper

DOWN

- 1) Monarch, e.g.
- 2) Slowpoke
- 3) Lizard's relative
- 4) Quick change artist?
- 5) Desert stinger
- 11) Everglades denizen
- 14) Spotted stalker
- 15) Odor emitter

Crosswords Together

Team up with another person to figure out crossword puzzle clues. The person with aphasia can be the thinker and speaker, and the person

without aphasia can be the writer. The best part is that there is no time limit. Stretch out solving a puzzle by spending a few days tackling the clues.”

Click the link below for more Games for people with Aphasia from the National Aphasia Association. <https://www.aphasia.org/stories/word-games-aphasia/>

Polly's Pies Event

Community is everything! We had a wonderful morning communicating with one another and enjoying a delicious breakfast at Polly Pies. We appreciate the volunteers and members who came to the event.





**It's all in the name: caregiver.
You give because you care.**

The Aphasia Caregiver Guide defines caregiver as “any individual who is voluntarily helping a person with aphasia navigate this communication disorder. That care may be physical, emotional, or financial in nature.”

It may seem as if you need an infinite well of energy, patience, and skills from which to draw to accomplish your goals and the goals of your loved one with aphasia. As their primary caregiver, you fill so many roles. Some of them might be: Nurse, spouse, housekeeper, speech therapist, occupational therapist, personal assistant, cook, cheerleader... and chances are, you do it out of love.

A recent study from Linguigraphica, (the 2021 Aphasia Caregivers Report), reported that the main reason people are caregivers is that they are invested in the quality of life for the person with aphasia; they want to help them recover. This same study also showed that the majority of aphasia caregivers report their greatest challenges are communicating with and motivating their loved one, as well as stress. In order for caregivers to accomplish their communication and growth goals with the person with aphasia, they need to handle that stress.

If the diagnosis is recent, you are adjusting to a new level of dependence upon you. The Aphasia Caregivers Report highlighted that many caregivers experience a decrease in their emotional well-being, sleep quality, energy level. They may experience an increase in physical pain and face new challenges in their relationships with friends and with the person with aphasia. Trying to maintain a balance between the direct care you are providing and the responsibilities you must meet can lead to burnout.

Here are some things to consider, regardless of where you are in your caregiving journey:

1. **Remember that you really only have control over your actions and reactions.** You cannot cure aphasia. You cannot motivate your loved one through force of will. You can provide encouragement, support and love. Which leads into number two!
2. **Please nurture yourself.** No one can tell you exactly how to do that, but you have to fill your own vessel before you can pour into others.

Establishing the balance you need to improve your own physical and emotional well-being could include simple exercise and/or time outside, like a walk, or even a nap. Remember what you like to do and give yourself permission to do that, by yourself, with friends or with your person with aphasia. Please keep your own well-being on the priority list.

3. **Aphasia isn't everything, but it may seem that way.**

Communicating with the person with aphasia is often the greatest challenge you face. Consider setting times in your day for speech and language focus, and allowing the rest of the day to be focused on normal activities, and general communication. Every moment does not have to be a teaching moment.

4. **As you plan ahead in terms of recovery goals with your loved one with aphasia, don't plan too far.** Keep the goalposts within reach. What about one to three month stages as opposed to looking years down the line? As you both progress, keep educating yourself. Then re-evaluate your goals and plans with your loved one's clinical providers.

5. **Can you get more help?** What can you delegate and to whom? There is a list of websites below where you may be able to find some assistance, from support groups to sources of direct help. Are there family members, friends, or neighbors on whom you can rely? Is there a nearby college or university where you can find college students, or post on a local Facebook group to find help at low or no cost?

6. **Talk to others in your situation.** You are not alone, and you don't have to feel alone. There are entire networks of caregivers, both global and local. Ask your person with aphasia's clinical providers for connections to caregiver support, or explore some of the links below. Keep in mind there is a caregiver support group through Speech Recovery Pathways that meets monthly. Email LvsreaL@aol.com for more information.

To find a local support group for caregivers of people with aphasia, speak to your clinical providers or go to (<https://www.aphasia.org/site/>) and enter your zip code.

General Caregiver Support Links

National Aphasia Association (<https://www.aphasia.org/category/i-am-a-caregiver/>)

Caregiver Action Network (<http://caregiveraction.org>)

Caregiver Support Services (<http://caregiversupportservices.com>)

Family Caregiver Alliance (<https://www.caregiver.org/>)

Well Spouse Association (<https://www.wellspouse.org>)

Lotsa Helping Hands (<http://lotsahelpinghands.com>)

References

Bartels. (n.d.). 6 Tips to help with aphasia caregiver burnout. The aphasia center. <https://theaphasiacenter.com/2020/02/6-tips-help-aphasia-caregiver-burnout/>

Linguagraphica. (2021). 2021 Aphasia caregivers report. <https://www.aphasia.com/2021-aphasia-caregivers-report-download/>

National Aphasia Association. (2019). The aphasia caregiver guide (M. Ford & R. Klein, Eds.) [E-book]. https://www.aphasia.org/wp-content/uploads/2019/11/Complete-Caregiver-Guide_11_14_19_V2.pdf

You can't pour
from an empty cup.



Take care of yourself first.

Caring for the Caregiver Meetings

We believe in supporting the entire family. Aphasia, Progressive Illnesses, and other conditions affect the entire family! It is critical to practice good self-care so that we can give our all.

This group meets Fridays at 9:00 am (Pacific Standard Time) twice a month. This group offers a safe place for caregivers to come talk, support and encourage one another. If you are interested please contact: lvsreal@aol.com

* Group members must have a computer, stable Internet and have the ability to join sessions from home using an online video platform.



Volunteer Spotlight: Ryan Nadler

You've probably come across several different volunteers over time at Speech Recovery Pathways. We like to think we attract the best, people with hearts of gold who are passionate about working with others on communicative skills. Often, these volunteers are on their way to a career in Speech-Language Pathology as well.

Our members play an integral part in the education of the volunteers on their journey, and we believe Ryan's story highlights that very well. Ryan is stepping back from his duties at SRP to pursue his clinical placements, and we wish him the very best in his endeavors!

Read on for Ryan's story:

"My name is Ryan Nadler and I am originally from San Bernardino California but have lived in Brea/Fullerton since I was 17. I am currently 22 years old and I am in my Master's program for Speech-Language Pathology at Cal State Fullerton. I graduate this upcoming May and I hope to work as both a school-based and medical speech-language pathologist.

"Some hobbies of mine are learning Spanish, watching professional sports, gardening, and the stock market. I have been involved with Speech-Recovery Pathways for almost two years. Speech recovery pathways helped me discover my passion working in the medical setting with the adult population.

"On August 29th, I start my medical placement at Rancho Los Amigos Rehab Hospital. I am really excited since I get to apply everything I've learned through Speech Recovery Pathways.

"In my time at SRP, I have been involved in different aspects, but my proudest accomplishment is the creation of the "West Coast Readers" book club.

“I have truly enjoyed all of my time and the amazing members I have met. A big shoutout to Ted and Jennifer for working so hard everyday to make all of this happen.”

Touched by any of these stories? Or want to impact the stroke community?

Consider making small donation here:

<https://speechrecoverypathways.org/donate/>



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