

Expressive Aphasia

**Information and advice for patients,
family and friends**

Speech and Language Therapy Department



Patient information leaflet

This leaflet explains what expressive aphasia is as well as providing tips to help manage the condition.

What is expressive aphasia?

Expressive aphasia (also known as expressive dysphasia) means you may have difficulty expressing yourself when you talk or write.

It might be difficult to:

- say or write what you're thinking



- get your point across



- find the right words or make sentences

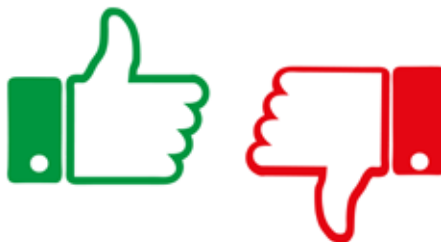


What can I do to help manage the condition?

- Slow down. Say one thing at a time



- Use gesture



■ Point to pictures



■ Use drawing and writing



■ Carry a card that explains your difficulties to others



What can family and friends do to help the condition?

- Avoid talking in a busy, noisy or distracting environment.
- Ask questions that require yes or no or a single word reply.
- Be patient and give the person time to speak.
- Encourage them to draw or write.
- Check that you have understood the message.
- Gesture or point to objects that you think they are trying to say.
- Encourage them to think around the word to describe it to you. Can they think of another word that means the same?
- If you can guess the word, give them the first sound of a word as a prompt e.g. *"Does the word begin with 'sh'?"*
- Be aware that communication difficulties can be extremely frustrating for the person and for you. Try and show them that you understand their difficulties.

Speech and Language Therapists can give specific strategies or exercises to help you or your relative/friend. Please see contact details overleaf.

Reference sources

- <https://www.nhs.uk/conditions/aphasia/>
- <https://www.stroke.org.uk/what-is-stroke/what-is-aphasia/aphasia-and-its-effects>
- <https://www.headway.org.uk/about-brain-injury/individuals/effects-of-brain-injury/communication-problems/language-impairment-aphasia/>

Contact details

Please contact the Speech and Language Therapy department if you have any questions or concerns:

Telephone: 01483 571122 **ext** 4680

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: N/A

Future review date: August 2021

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PIN180704–1557

