

Important things to remember



Emily

Info about Aphasia:

<https://www.facebook.com/LivingWithAphasiaGroup/>

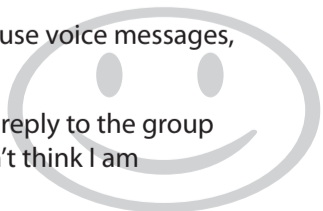
<https://www.facebook.com/SarahScottAphasia/>

Since my stroke...

- It can be hard for me to manage when there's lots of noise and people – I find it really difficult if there's more than 3 people with me at a time.
- I need much more rest than usual – as my brain is still recovering.
- I have Physiotherapy, Occupational Therapy and Speech and Language Therapy everyday. This often makes me really, really tired and I don't have much energy for anything else. I often have to sleep, or do homework, between visits.
- I won't always be this tired and I look forward to spending more time with you in the future.

I have Aphasia...

- This means I have problems understanding language and expressing myself verbally.
- Please slow down when talking (I might not feel able to remind you of this!)
- If I can't think of a word and I seem to be struggling, give me a suggestion rather than waiting for a long time.
- I can't read! So please use voice messages, pictures, emojis.
- I can't write! I'd love to reply to the group messages, so please don't think I am being rude.



Because of the physical impact of my stroke...

- I'm walking... but I can't feel my legs so it takes a lot of concentration and energy – it's not walking like I would normally walk. Please remember this!
- I like people walking beside me but might get distracted if you talk to me.
- If I'm tired, my legs don't tend to work as well (eg. I might bump into the wall or stumble!)

Also...

- Having a smile might not mean I'm ok.
- I might feel upset about things I can't do easily at the moment (eg. walking).
- Please, please keep me included with voice messages and pictures! It really means a lot to me when I hear from you all.

Thanks, *Emily* x

(guidelines created by Emily, and Caroline Shinner (Psychology) July 2017 updated 09/17)