



The Intersection

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This week at the Center:

We focused on Aphasia. June is Aphasia Awareness month. Despite the fact that our members and families live with it, they often have questions, need resources and don't have an opportunity to actually talk about it. We watched the short movie Still Sophie and used it as the basis of our discussion. You will find the link and password in the next column.

What's right for you?

Finding a language task that is at the right difficulty level and is interesting is the key! Don't get bogged down in where the tasks you pick falls in the task order of complexity. The tasks listed first are the most complex progressing to less complex. You want practice that is engaging AND at a level that you get a language workout but not so frustrating that you give up! The Intersection is available to everyone at the Center so it covers a wide range of abilities. Pick what works for you today!!

A word about the name:

The Intersection is where home meets the Center. So many wonder what happens behind closed doors or how do I help at home or are lost as to where to even begin. Check out the Intersection for ways to keep using your language at home and keep moving on your road to recovery.

Member Portal:

These are now available on our website in the **Member Portal**. Try it out!

Password: survivor

Listening and Reading:

- Watch the movie **Still Sophie**. Have an honest communication about life with aphasia as a stroke survivor or a family member.
<https://vimeo.com/chadmclarnon/stillsophie>
PASSWORD: stillsophiefest
- Here is the link to the Still Sophie Facebook page:
<https://www.facebook.com/stillsophie/>
- Want to read about aphasia? Try out this link:
<http://www.asha.org/public/speech/disorders/Aphasia/>
- Would you like to read about the impact on families? Try this:
<http://www.asha.org/public/speech/disorders/FamilyAdjustmentAphasia/>
- Did you know there is an Aphasia Channel on YouTube? Watch some videos and see if you agree or disagree. Here is the link:
<https://www.youtube.com/user/aphasiachannel/playlists>

Talking and Writing:

- Many of the listening / reading tasks above will also challenge your speech or writing.
- Want to spread the word about aphasia? Write a Facebook post or go to this link and share the message from the National Aphasia Association.
<https://www.aphasia.org/challenge/>
- Write your aphasia story. It can be pages or single words. Brainstorm ideas such as: progress, set-backs, surprises, goals, skills you've learned, skills you miss, thoughts on friends and family, emotions, goals (these can be travel, work, hobbies, communication, personal growth). You can do this alone or with a partner.
- Take inspiration from Still Sophie and sing your heart out. We used the VAST Song app in group but you can use anything that floats your boat. Prayers or nursery rhymes work too!

Supported Conversation:

We all need help! Many members at the Center benefit from their conversational partner giving them some help. This means always encourage use of gestures, or use of a communication book, have paper nearby for writing or drawing, and give choices. When you don't understand, say so!

Questions or suggestions:

This is a work in progress! Email me (Melissa) with questions or concerns. I am happy to help!

msr@strokecomebackcenter.org

Multi-modal (speech, gestures, writing)

- Want to know what it feels like to have aphasia? These simulations were developed to help you do just that. <http://aphasiacorner.com/aphasia-simulations/what-is-aphasia.html>
- Want to become a better communication partner? Try out this self-directed learning module on Supported Conversation. It was developed for health care professionals but you all are smart cookies! Try it out and let me know if you have questions! <http://www.aphasia.ca/home-page/health-care-professionals/knowledge-exchange/self-directed-sca-module/>

Do something together!

- Check out the games recommended by the National Aphasia Association: https://www.aphasia.org/stories/word-games-aphasia/?utm_source=Website+Signups&utm_campaign=f9759c0c95-EMAIL_CAMPAIGN_2016_11_21&utm_medium=email&utm_term=0_cc4d0722f3-f9759c0c95-136459529
- It's Father's Day weekend! Do what Dad wants to do. Maybe that means cooking out, or watching sports, or piddling in the yard. Find a way to make it happen! Say yes! Don't have a Father to celebrate? Then harness the past and do something your favorite father enjoyed...it could be your Dad or someone else's. Maybe try miniature golf, go to the track and bet on the horses or buy a yard game like horse shoes or badminton. You can play these sitting or standing!