

Outstanding Care,  
Compassionate People,  
Healthier Communities



Sherwood Forest Hospitals  
NHS Foundation Trust

# Aphasia

Adult Speech and Language Therapy Department

**Information for patients**



# What is aphasia?

**Aphasia is a language disorder.**

People who have aphasia can think clearly, but they have difficulty getting messages in and out.

They know what they think and feel, but have a problem with communication.

## Aphasia can make it difficult to:

- Talk
- Understand others when they speak
- Read
- Write
- Use numbers.

## Remember:

- Tiredness can affect communication.
- Don't worry about making speech perfect.
- It is normal to have good and bad days.

## **Suggestions to help you understand each other:**

- **Allow plenty of time for communication.**
- **Don't pretend that you understand when you don't.**
- **Introduce one idea at a time, using short simple sentences.**
- **Emphasise key words.**
- **Be flexible – try using:**
  - **Drawing**
  - **Gestures/mime**
  - **Writing.**
- **Recapping is a good way of checking that you understand each other.**
- **Try and reduce background noise and other distractions e.g. tv, radio etc.**

## For further information contact:

### National Stroke Association Stroke Help Line

Telephone: **0303 303 3100**

Email: **info@stroke.org.uk**

Website: **www.stroke.org**

*Please contact the Stroke  
Association helpline for more  
information on local services*

### Aphasia Nottingham Self Help Group

Telephone: **0115 911 1661**

Email: **info@selfhelp.org.uk**

Website: **www.selfhelp.org.uk**

## Speech & Language Therapy Department

King's Mill Hospital, telephone 01623 622515, extension 3320.

You have been referred to:

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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