

Living with Aphasia

Louisville's Aphasia Support Group at Blossom Neuro loves our time together every month! This year we have been working as a group to create a resource for individuals living with aphasia. Each month when we gather, the group shares both struggles and suggestions connected to living with aphasia. We have been compiling some of the top suggestions that the group finds most helpful. Check it out below!

1) **Practice** - find lots of ways to practice your language skills! Remember that with neuroplasticity, we know that your brain can always change and skills can always improve.

- Talking - practice communicating with others, look at photos together, reminisce about events, practice names of loved ones, including pets!
- Reading - start small and build up, choose reading materials that you enjoy!
- Writing - practice copying names and places that are important to you, write a short letter or email to a friend, spelling doesn't have to be perfect!
- Listening - enjoy trying out audiobooks, ask others to slow down to help you understand what they are saying, listen to music you enjoy!

2) **Participate in hobbies/activities that you enjoy now.**

- These might be the same or different than before aphasia

3) **Grieve.**

- It's okay to have moments of anger/sadness. *Share with others. Support others.* (**Aphasia.com has virtual support groups—or you can always come join our [Aphasia Support Group at Blossom Neuro](#)**)

4) **Breathe mindfully.**

- Breathing can help you feel calmer and more settled; this helps your communication

5) **Find small bits of gratitude.**

- Look for things that you appreciate each day. These could be big or small.

6) **Laugh.**

- Watch funny videos, tell funny stories, play with pets and/or grandchildren.

7) **Animals.**

- Animals often make us laugh, but can also be calming and soothing to be around.

8) **Movement/Exercise**

- Go on short walks, [practice gentle yoga](#), water aerobics