



Life After Stroke

Improve Communication

Speak slowly.

- ▶ It often takes a little more time for the stroke survivor to process information.
- ▶ Too much noise, light or activity can be overwhelming. Avoid television, radio and other noise when talking with the survivor.

Use simple language.

Give time to understand the message.

- ▶ Wait patiently for the person to respond to the message.

Repetition is often required.

- ▶ The more the survivor repeats/rehearses new information, the more likely he or she is to remember it.

Consider these ideas if the message continues to be unclear.

- ▶ Try writing down the ideas.
- ▶ Try asking yes or no questions.

Remember speech and language skills can continue to improve.

- ▶ The brain can take a lifetime to heal; speech and language can continue to improve with work and practice.

I N T E G R I S

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