

4 Tips to Accelerate Aphasia Recovery

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Communicating with [aphasia](#) can be tough, to say the least. But luckily there are little things – 4 little things to be exact – that you can do to ease your aphasia recovery.

1. Get Close Family Members Involved

Who understands you better than your own family? It's something that we almost can't help.

When you live with someone for a couple decades you subconsciously become a master interpreter of their personal language.

So if your sister can understand you with a mouth full of food, she can understand you through anything.

By surrounding yourself with those who know you best, they can help alleviate the struggle when someone doesn't understand you.

2. Establish a Topic Before Starting a Conversation

The guessing game can be frustrating. Luckily, it's an optional game to play!

If others have a hard time comprehending what you're saying, try establishing the topic before you start.

This will allow the other person to anticipate where you're going and prevent them from getting lost.

3. Don't Give Up on Your Hobbies

Survivors with aphasia can easily fall into depression and form anti-social tendencies due to their inability to express themselves.

As a result, we end up sacrificing our social outlets – and that's the last thing we want during recovery.

So try finding a different approach to your hobbies. If playing basketball is a source of passion for you, a great alternative can be watching the game with some friends or family.

There are many ways to incorporate your passions back into a social setting.

4. Pay Attention to Your Focus

While pursuing speech [therapy](#), we're constantly faced with what we can't do instead of what we can do.

This can drain our motivation and happiness so keep your eye on the prize and always remember how far you've come!

Celebrate every inch of progress and always try focusing on the good in any situation! *You become what you focus on*, so why not become something positive and driven?

You can do this! With a support system who understands you, a hobby that sparks joy in you, and a new positive outlook on life, you'll be on the fast-track to recovery.