

The Way Forward Together

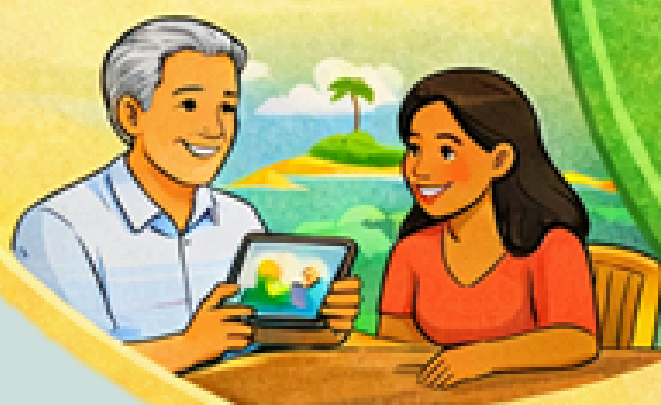


People with Aphasia



- Set small goals
- Take risks (holiday, talking to people, make mistakes)

- Be patient with yourself
- Find what works for you



Family & Friends



- Be an advocate
- Patience
- Learn about aphasia
- Don't expect too much too soon



Together



Understanding each other

Listening skills



Things will get better

Top Tips

Small Goals

“Don't think too much about it. **Just do it.**”

“**Talk to people.** Whoever it may be. Whether it is the **bin-man** or even attending **coffee mornings.**”

Together

“Get the **support** you need”

“**Learn** about Aphasia **together**”

Useful Resources

Support for Family

Get a Communication Card

Writing Tips

Aphasia Cafe's