



Aphasia is a **language disorder**.

People who suffer from aphasia can have problems with **speaking, understanding, reading, writing, and doing sums**.

The **cause** of aphasia is always **brain damage**. In most cases this is a **stroke**, but also an **accident** or a **tumour** can cause aphasia.



Someone suffers from a stroke when the **blood circulation** in the brains is **suddenly** disrupted.

This can happen in two ways: a blood vessel can get **clogged up** or a blood vessel can start **leaking**.

Clogs:

As a result of a **thickening of the vascular wall** (thrombosis) or because of a **blood clot** (embolism) a blood vessel can get clogged up.

This is called a cerebral **infarction**.



Leaking:

A **soft spot** can form inside a blood vessel (aneurysm); that soft spot can **become porous** and start **leaking** or **burst open**.

This is called a cerebral **haemorrhage**.



Doctors mostly call a stroke a **CVA**: a **Cerebral Vascular Accident**.



Language has an important place in our everyday life.

We **talk** to other people, we **read** the newspapers, we **work** and we **learn**.

We also use language in order to formulate our **thoughts** and make **plans for the future**.

People who suffer from aphasia can have **problems** with many issues that earlier on, before the aphasia, were very normal:

- Having a **conversation**
- **Talking** in company or in a noisy environment
- **Reading** a book, the newspaper or a magazine, or even roadside traffic signs
- **Understanding** and **telling** jokes
- Understanding **television** or **radio** programmes
- **Writing** a letter or filling in a form
- Making a **phone call**
- **Doing sums**, remembering numbers, or dealing with money
- **Stating** their own **name** or the names of their family members



People who suffer from aphasia have difficulties with language, but they are **not crazy!**

Most people who suffer from aphasia find their life to have **changed** a lot. Things that used to be easy earlier on, now take a lot more **time and effort**. Many people who suffer from aphasia feel **insecure** and **worry** about how to go on.

Help and **support** from their environment is therefore very important.

Meeting other people who suffer from aphasia also helps.

People with aphasia **understand** each other also **without words**.

What can you do yourself?

- **Tell people** that you suffer from aphasia
- Wear a **small card** with you, which states what aphasia means
- Try to make clear what you mean by using **gestures, drawing, writing, or pointing** if talking does not go well
- Ask family or friends for **help**
- **Plan in advance**, already prepare for a conversation in your thoughts or on paper
- Share your worries with others; don't keep worrying by yourself



gestures



drawing



writing



pointing