

Session Plans for Addressing Challenges Associated with Aphasia

Sample Plan

Warm-up

- Divide group into pairs. Ask one partner to behave as though s/he has aphasia. Ask the other person in the pair to find out basic information about the person, such as his or her:
 - favourite colour
 - astrological sign
 - make and model of first car
 - favourite movie
 - etc..

Debrief with the pairs. How successful was the communication? What difficulties did they encounter? What were some of their reactions to the attempt to communicate?

Content & Skill Presentation

- Use *Tips & Tools* Video to illustrate approaches, use of non-verbal communication.
- Definition of aphasia (page 17 of *Tips & Tools* manual or page 19 of *Let's Talk About Stroke*)
- Highlight approaches listed on page 18 of *Tips & Tools* manual.
- Identify and discuss the frustration of communication problems.

Practice & Evaluation

- Divide groups into triads, ensuring that they are in different groups than in the warm up. Have two of the three participants try to get basic information from their new partner, using techniques discussed in the session. The third person observes and makes note of the techniques that are helpful and useful. Ask the triads to share the useful techniques