

# Aphasia, Counseling & Identity

## Select Resources for Survivors with Aphasia and Carepartners/Families

*This is a selection of resources related to topics introduced during the “Best Practices in Mental Health Professionals Working with Persons with Aphasia” training that may be useful to share with survivors, carepartners, or families. It is not an exhaustive list of available resources. The links included are current as of March 2023. We would like to thank Ellen Bernstein-Ellis, M.A., CCC-SLP, for cultivating an earlier version of this list. Other than our own work, we do not specifically endorse any of the organizations, facilities, programs, products or services listed.*

### Aphasia

#### [National Aphasia Association \(NAA\)](#)

The NAA is a non-profit dedicated to advocating for individuals with aphasia and their families. The website offers a range of information and resources, including an affiliate search feature. The [NAA's YouTube Channel](#) includes a variety of informational videos.

#### [Aphasia Simulations](#)

This is a series of simulations developed by Jackie Hinckley and Keen Research. They are intended to provide a different perspective on and greater understanding of the issues encountered by a person with a language disorder.

#### [Living with Aphasia - Real People. Real Stories](#)

A short video from the Aphasia Institute that includes unscripted videos of people living with aphasia. Their intended message is that people with aphasia know more than they can say.

### Psychological/Mental Health Effects of Aphasia

#### [Stress, Frustration, Anxiety and Aphasia](#)

In this video from the 2022 International Aphasia Rehabilitation Conference and Project BRIDGE, Jacqueline Laures-Gore discusses the impact of stress, anxiety or frustration on language in aphasia.

#### [How is Mental Health Impacted by Aphasia?](#)

In this video from the 2022 International Aphasia Rehabilitation Conference and Project BRIDGE, Linda Worrall discusses the impact of aphasia on mental health and suggested ways to prevent or treat depression and anxiety.

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## Communication Supports

[Talking to Your Family Member/Friend with Aphasia: Conversation Basics](#) A brief video and downloadable pamphlet from the Aphasia Institute that provides tips for communicating with someone who has aphasia.

### [Communication Access Videos - Fundamental Techniques](#)

A series of short videos offered by Aphasia Access that offer practical suggestions to support communication access for people with aphasia. Scroll down to the bottom of the page for relevant video topics that include: adjusting your talking, using gestures and body language, and using writing/graphics.

### [Communication Posters from the National Aphasia Association](#)

Printable flyers from the National Aphasia Association with communication suggestions.

### [Introduction to Supported Conversation for Adults with Aphasia \(SCA™\) eLearning Module](#)

This free online module offered by the Aphasia Institute is geared toward healthcare providers, but some people outside of the healthcare setting may find the overview of aphasia and communication techniques helpful.

## Identity

### [Identity Theft: Rediscovering Ourselves After Stroke Website](#)

*Identity Theft: Rediscovering Ourselves After Stroke* shares Debra Meyerson's stroke recovery journey and explores the process of rebuilding identity after a trauma like stroke. It is an accessible, insightful, and hopeful look at the impact of stroke and aphasia on identity. The website includes additional information and survivor stories. Book discussion guides are available via the [Stroke Onward website](#).

### ["Stroke Onward" - American Stroke Association Column](#)

Debra Meyerson and Steve Zuckerman share their first-hand experience, insights and expertise as a stroke survivor and carepartner in this periodic column. Article topics include [Adaptation, Compromise and Identity](#), [Small Wins Add Up](#), [Living with Conflicting Emotions](#), and more.



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## Relationships/Sexuality/Intimacy

*Note: These resources primarily address post-stroke sexuality for heterosexual couples; if you identify resources for LGBTQ+ partners, please send them to [programs@strokeonward.org](mailto:programs@strokeonward.org).*

### [Relationships from Stroke.org.](#)

Overview of relationship dynamics from Stroke Foundation - New Zealand

### [Resuming Intimacy from Psychology Today magazine](#)

Article from Psychology Today looking at returning to an intimate relationship after stroke

### [Sex after Stroke from DifferentStrokes.org](#)

Account of how a stroke survivor navigated sex after stroke that includes links to more resources at end of article

### [Sex and Intimate Relationships After Stroke from Stroke.org](#)

Article that covers a range of related topics and includes additional resources at the end (Note: many of the additional resources may be UK based)

### [Sex and Relationships After Stroke from Stroke Foundation](#)

Fact sheet offered from the Stroke Foundation in Australia