



## What you can do

### You can set goals for recovery:

- **Set goals together** with your speech pathologist.
- **Personal goals** may help you make meaningful changes.

### Loved ones and colleagues can help by:

- **Keeping track** of the changes you notice.
- Talking about the **impact aphasia has** on **participating** in everyday life.
- **Celebrating progress!**

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# Aphasia information

## Queensland Aphasia Research Centre

<https://shrs.uq.edu.au/qarc>  
[qarc@uq.edu.au](mailto:qarc@uq.edu.au)

## Australian Aphasia Association

[aphasia.org.au](http://aphasia.org.au)  
[questions@aphasia.org.au](mailto:questions@aphasia.org.au)

## Stroke Foundation

[strokefoundation.org.au](http://strokefoundation.org.au)  
[strokeline@strokefoundation.org.au](mailto:strokeline@strokefoundation.org.au)

## Enable Me online stroke community

<https://enableme.org.au/>

## Australian Aphasia Rehabilitation Pathway

Information about setting goals.  
[www.aphasiapathway.com.au](http://www.aphasiapathway.com.au)



# Understanding important changes in aphasia recovery

A research summary

S. Zingelman, D.A Cadilhac, J. Kim, M. Stone, S. Harvey, C. Unsworth, R. O'Halloran, D. Hersh, K Mainstone, and S. J. Wallace (2024).

together with

B. Lewis, P. Mainstone, M. Stewart, and M. Yutzuss.



CREATE CHANGE





## The question

- People with aphasia complete **tests before therapy and again after therapy.**
- Test scores **give information** about a **person's abilities** and **feelings.**
- Test **scores** can **change** with **time and therapy.**

We wanted to know: **what are important changes in aphasia recovery?**

- In the **future** we will use this information to make **test scores easier to understand.**

**What we did.**

- We met with **people with aphasia** and **speech pathologists.**
- We **asked** their **opinions.**



## What we found

People told us that:

**Small continuous improvements are important.**

- **Celebrating small improvements** can be **motivating** in rehabilitation.
- **Short-term goals** are **meaningful steps** to reaching a long-term goal.

“ **It's immensely important to step from one improvement to the next.** ”

'Neil' (56 years old, 8 months post-stroke)



## Important changes

Important changes are:

**Different for every single person.**

- **Everyone with aphasia is different.**
- Changes in **language, communication, and quality of life** can **feel important.**
- The **type of change** that is feels important is **unique to you.**
- **Adjusting** to '**the new normal**' after stroke can feel important.
- It's **important to talk** to your speech pathologist **about the impact of aphasia** on your **usual activities.**