

# Spring Newsletter

London Speech Therapy

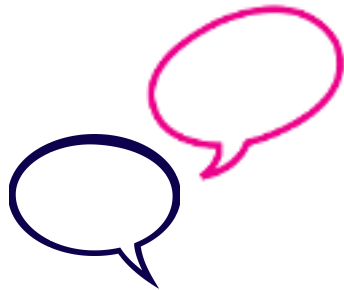
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## A Big Thank You

It's such a pleasure to work with you and your families. We'd like to share our newsletter as we are approaching spring.



### Word Finding Tips for Aphasia

For people with aphasia, the most common problem is not being able to think of the word they want. They might try to solve this problem by using a filler word. e.g., ermmm. These non specific words and phrases may lead to a break down with the intended message. When communication breaks down, there are ways to help.

**Delay:** Just give a second or two. Be patient with yourself and ask your partner to give you time.

**Talk around the Word:** Give the listener information on what the thing looks like or does. Any extra information you can give can help and may even cue you into the word.

**Association:** Try to think of something related. It may prompt the word.

**Synonyms / Antonyms:** Think of a word that means the same or something similar. Or think of the opposite word.



**First Letter:** Try to think / write the first letter. Have the alphabet in front of you and scan the letter to see if this triggers anything for you.

**Gesture:** Try to act out the word with your hand / body. At times, gesturing in a non specific way can help get to the word e.g., tapping the table.

**Draw:** Draw a quick picture of what you're trying to say. The picture doesn't have to be good, but may cue you into the word.

**Look it up:** Think about if there's somewhere the word is written down or pictured e.g., a ticket stub, app on your phone etc.

**Narrow it down:** Think about the category. Try to give the topic and this can help your listener predict what you might be trying to say as it will provide context.

**Try again later:** If you can't think of the word and your partner is unable to guess, it's ok to give up for now and try again later. Sometimes our brains will work out problems while we're doing other things. Try the other strategies though first before giving up.



Adapted from [www.TactusTherapy.com](http://www.TactusTherapy.com)



## Inside our Autistic Minds - Chris Packham

This documentary is currently on IPlayer and comes highly recommended and makes for an interesting watch. Chris Packham helps autistic people illustrate how their minds work and in doing so helps them connect with family and friends in an authentic way. If you have time, it's definitely worth watching.



## Wellbeing

Let's all make sure we take the time out to relax and recharge over this Spring break. Taking care of yourself first ensures you have space to take care of others. Start with a quiet cup of tea or 5 minutes to yourself where you are no longer thinking of all the stresses and strains of everyday life. Take the moment and relax.

