

# Aphasia Pages Training Cards



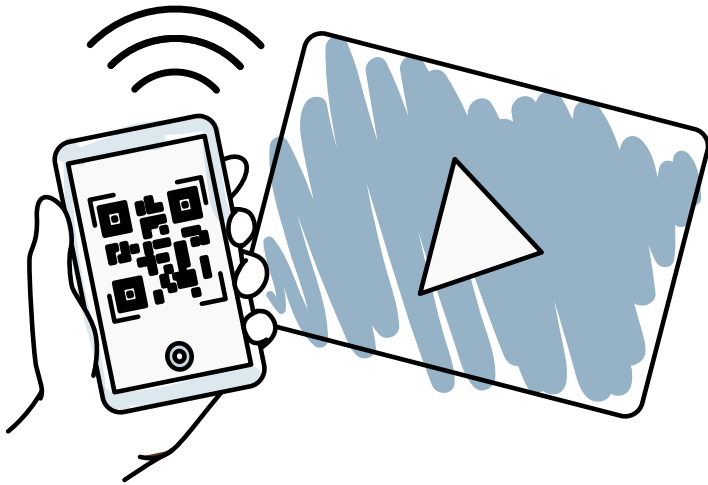
These are the TobiiDynavox Aphasia Pages Training Cards. They will help you start using a variety of tools to support communication in your daily life. Basic editing and practice activities are also included. These Training Cards can be used by both Therapists and family members.

## Contents

1	QR Codes & FAQ
2	Aphasia and Communication – Introduction and Multimodal Strategies
3	Aphasia and Communication – Life Participation and Communication Partner Strategies
4	Person with Aphasia Strategies and Setting Up Aphasia Page Set
5	Introduction to Communication Tools
6	Topics: Visual Scene-Based Vs Grid-Based and Looking for Success
7	Customizing Toolbar and Editing a Button
8	Let's Use It and Important Information
9	Activity: Doctor Visit
10	Activity: Going to a Restaurant
11	Activity: Watching Television/Movies
12	Activity: Directing Care
13	Activity: House Cleaning
14	Activity: Creating a Shopping List
15	Resources

# QR Codes

We use QR Codes so you can have quick access to information, such as videos without having to type in web addresses. Scan the QR code using the camera on your smart phone to view the linked information.



## Android Users

Download a free QR code reader app from the Google Play store. Search “QR scanner” or “QR reader” to find options.

## iOS Users

If you have iOS version 11, open your phone camera and point it towards the QR code. Tap the notification that appears.

If you have not updated to iOS 11, download a QR code scanner app. There are numerous free apps on the App store.

# FAQ

## What is Augmentative and Alternative Communication (AAC)?

AAC provides a collection of communication strategies and tools that support interaction and participation for people with significant communication challenges.

## Will AAC keep an individual from talking?

No, in fact there is a decade of research that states AAC does not interfere with the use or regaining of natural speech.

## Is AAC useful for individuals who have some speech?

Yes. AAC can support an individual with aphasia when conversing independently with both familiar and unfamiliar communication partners.

## Should we wait to work on AAC until regular speech therapy is finished?

Absolutely not. Multimodal communication strategies should start from the very beginning and be a part of all therapy sessions. People with aphasia should always have access to tools to help them communicate while working on speech restoration.

## How long will the individual with aphasia need to use AAC?

This will depend on the individual and the severity of their communication impairment. Some people may need to rely on AAC tools long-term as a backup to their speech.

## Does aphasia affect a person's intelligence?

No. A person with aphasia may have difficulty retrieving words and names, but the person's intelligence is not affected.



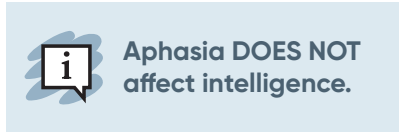
# Aphasia and Communication

## Introduction

Aphasia is a language disorder caused by a neurological event (e.g. stroke, brain injury) affecting certain parts of the brain.

### Aphasia can cause difficulty with:

- Understanding of speech and written words.
- Verbal and written expression.



### Who gets Aphasia?

- Annually, 15 million strokes occur worldwide. Up to 38% of stroke survivors can develop aphasia.
- Aphasia is more common than Parkinson's Disease, Cerebral Palsy or Muscular Dystrophy.
- Aphasia can affect people of any age, race, nationality, and gender.
- 80% of aphasia cases were caused by a stroke.

### As a language disorder, aphasia also impacts:

- Participation in daily activities (e.g. grocery shopping, ordering food)
- Understanding of world events
- Decision-making
- Social Interactions
- Learning new things presented using language

### What is aphasia like?

Imagine you are in a foreign country where you only know a few words of the language. You know what you want to say but you may have difficulty with...

- Saying what you mean
- Understanding others
- Reading and writing the language
- Social Interactions
- Problem solving

# Aphasia and Communication

## Multimodal Strategies

Multimodal communication means to use a variety of communication methods to convey one's thoughts, opinions and ideas (Purdy, M. & Van Dyke, J.A., 2011).

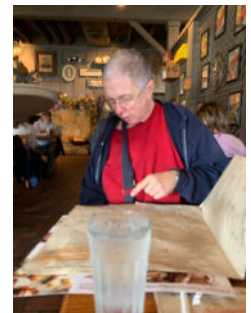
**We all use different ways to communicate and often use them in combination to express our thoughts and ideas.**

- Gestures
- Pointing
- Speech
- Writing
- Drawing
- Body Language



**Additionally, people with aphasia (PWA) and their communication partners may use additional tools to support interaction.**

- Photo Albums
- Calendars
- Whiteboard
- Word Lists
- Communication boards/books
- Scripts
- Restaurant menu
- Rating Scales
- Contact list
- AAC device or app



# Aphasia and Communication

## Life Participation Approach to Aphasia (LPAA)

### What is LPAA?

- Places life concerns of those affected by aphasia at the center of all decision making.
- Empowers participation in the recovery process and encourages collaboration on interventions that aim for a more rapid return to active life.
- Reduces the consequences of aphasia, that contribute to long-term health costs, while improving quality of life, mood, & overall well-being.



### What does LPAA do?

- Reminds clinicians and researchers to focus on the real-life goals of people affected by aphasia.
- Emphasizes attainment of re-engagement in life by strengthening daily participation in activities of choice, regardless of the stage of management (recent onset or years post stroke).
- Focuses on creating positive, supportive communication environments.

### Why is this important?

- People with aphasia like to re-engage in what is motivating, important and functional to them and will require support and tools to meet these goals.
- In order to create a positive communication environment, family and caregivers will need to learn to become great communication partners.
- We never want people with aphasia to feel isolated or alone in their battle. It doesn't have to be difficult for them to maintain social relationships and interactions regardless of their diagnosis.

# Aphasia and Communication

## Communication Partner Strategies



The success of a communication interaction with a person with aphasia is often dependent on the skills and abilities of the communication partner. There are various strategies that the communication partner can learn to help people with aphasia communicate more effectively.

- **Slow down:**  
Slowing down the rate of speech and using short sentences can help increase PWA's understanding.
- **Give time to respond:**  
Giving PWA time to process and get out what they want to say can be very effective. Don't rush them.
- **Write key words:**  
Writing down key words can help reinforce PWA's understanding. For example, if you are saying "It's time to go to your doctor's appointment" you might write down "time, go, doctor".
- **Written Choice:**  
Providing the person with aphasia with 2 or more choices verbally and by writing them down can support PWA's ability to communicate a preference. For example, I might ask "What would you like for dinner?" and write down while verbally reading "Chicken", "Lasagna" or "Pizza" and ask the person to point to their answer. Even if PWA can't read they will remember what the choices are and will be able to respond.
- **Quiet environment/decrease distractions:**  
Finding a quiet environment with less distractions can help PWA focus and increase their understanding.
- **Use gestures/pointing:**  
Using gestures and pointing adds to the message you are speaking by providing additional cues and information.

# Aphasia and Communication

## PWA Strategies

When communicating, PWA may use various modalities and strategies to express themselves.

### Pointing/gestures:

Pointing and use of gestures can add to the message.

### Drawing:

Drawing can be very effective in aiding verbal communication.

### Using a different word:

Using a different word than the one that they are stuck on can be helpful to PWA. For example, someone might be stuck on saying the word "difficult" so they could say "hard" or "not easy".

### First letter cueing:

Locating the first letter of the word the individual is stuck on can help them get the word out or help the communication partner know what they are trying to say.



# Setting Up Aphasia Pages

## in Snap Core First

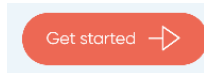
One of the first steps to exploring multimodal communication tools is to download and set up the Tobii Dynavox Aphasia Pages.

Once you have downloaded the software, you will need to set it up to meet the specific needs of the user. You will only need to go through this process one time.

### To set up the Aphasia Pages:

1 Open Snap + Core First.

2 Select Get Started.



3 Select 'Show More.'

4 Scroll down to select Aphasia Pages.

5 Sign in to MyTobiiDynavox now or later.

6 Type in the persons' name who will be using the Aphasia Pages.

7 Pick a voice.

8 Select a grid size that the user can access accurately and provide the most buttons for vocabulary.

### There are 3 grid sizes available.

- Select the grid size that provides the most vocabulary to the individual without overwhelming them.
- You can always decrease or increase the grid size.
- If you aren't sure where to start, we recommend starting at the 4x3 grid size first..



If you need to download Snap, scan the code below for more information.





# Introduction to Communication Tools

The communication tools available in the Aphasia Pages will work together with speech to help a person who is having difficulty communicating using speech alone.

## QuickFires

QuickFires provide a fast and easy way to communicate the little words needed in any topic and environment. Depending on grid size, there are up to 5 categories: Greetings and Social, Personal Needs, My Aphasia, Feelings, Communication Repairs.



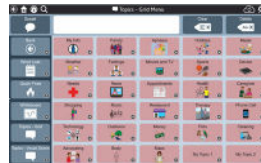
## Word Lists

Word Lists contain lists of individual words organized in categories. Create new lists and/or edit the ones already there.



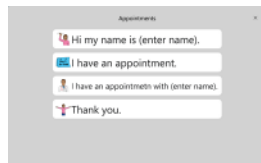
## Topics

Topics provide messages that can be used to communicate in everyday environments. Use existing topics (e.g., Sports, Meals, Pets, etc.) and create your own.



## Scripts

Scripts include a series of messages that appear in order to help someone communicate in situations that are important. Scripts can be used to tell stories, share information back and forth and to provide cues to produce speech. Every Topic has a sample script that can be modified to make it personal.



## Whiteboard

Whiteboard, similar to a blank piece of paper, can be used to write letters, numbers, words, or draw pictures to show a communication partner. A communication partner can use it to write or draw too. Save drawings or messages to use in a future conversation.



## Rating Scales

Rating Scales Share opinions (1 to 3 or 1 to 5) or rate pain clearly (0-5 or 0-10). Communication partners can use it to make what they say clearer as well.



## Photo Album

Use Photo Album to share pictures that are important such as a family vacation or a celebration.



## Keyboard

Keyboard can be used to communicate with a single letter to a full word. The keyboard may be alphabetical or QWERTY format and have Word Prediction that will guess the words being typed based on the letters entered.



## Toolbar

The toolbar provides a way to navigate between communication tools. It remains present on every page except the Whiteboard.



## Dashboard

Dashboard provides control the volume, check your battery status, see the date/time and access Alexa/Google Home, Ratings Scales, Photo Albums and Calendar Pages.



## Edit Button

Edit Button is used to make changes to your pages.



# Topics:

## Visual Scene-Based Vs Grid-Based

We have provided two different organizations of Topics available on the toolbar. Try out both versions with the individual to see what works best for them. For activities to try with Topics, see our Communication Activity and Therapy Guide for Aphasia.

### Visual Scene

**Visual scene Topics have a large scene and Topic Messages organized around it. They provide the individual and communication partner with:**

- A framework or context for conversation because it provides an illustration of a situation, place or experience in its entirety (camp site) vs an isolated image (tree).
- Opportunities for multiple communication exchanges (comment, ask questions) rather than one turn and the ability to pair multiple modes of communication (voice, facial expression, gesture).



### Grid

**Grid Topics have Topic Messages organized in a simple grid based on the size you selected during set up.**



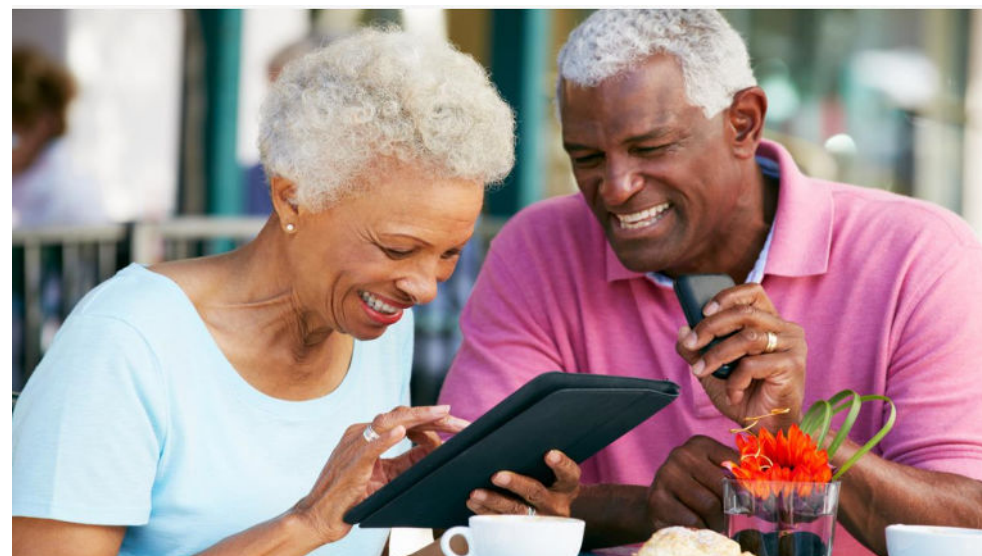
Once you decide what will work best, hide the other option on the Toolbar. You can always show it if the one you select isn't working. See the Modifying and Simplifying the Toolbar card to learn how to make changes to the toolbar.

# Looking for Success

When deciding what will work best for PWA, it's important to remember what success looks like. Looking for success is more than the individual communicating what you expect, when you expect it, and how you expect it.


### Success may include:

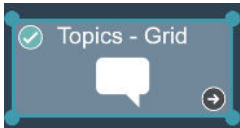
- Increased attention to interactions
- Initiation of communication
- Use of more vocabulary or communication tools
- Longer interactions
- Greater enjoyment of interactions
- More independence in communication



# Customizing the Toolbar

## Hiding the Tools you don't need:

- 1  Select the Edit button.
- 2 Select the button on the toolbar you want to hide.



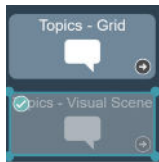
- 3  Select Hide.

- 4 The button is now hidden and will not appear when you exit edit mode.




Note: To show a button, simply select hide image again.

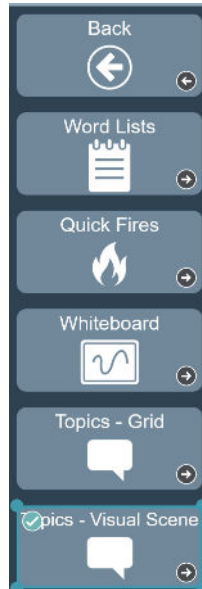
- 5 In edit mode, the hidden button will appear darkened compared to the other buttons.



- 6 Once you hide a button, you may need to move up items on the Toolbar.
- 7 Select Done.


## Moving items to change order:

- 1  Select the Edit button.
- 2 Select the button on the toolbar you want to move.



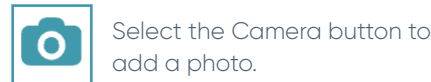
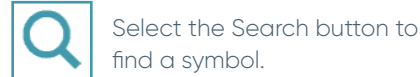
- 3 Hold down on that button and drag your finger up or down to move it.
- 4 Let go when the button is in the position you would like.
- 5 Select Done.

# Editing a Button

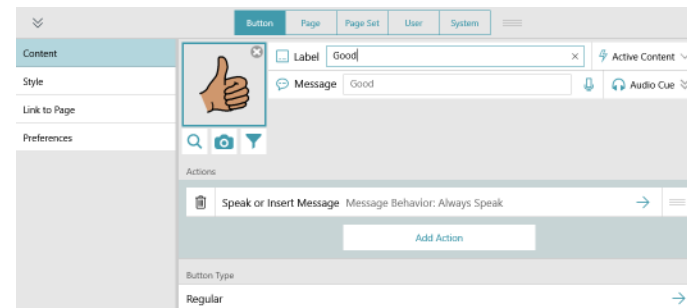
- 1 Go to the page with the button you want to edit.
- 2  Select Edit.
- 3 The editing panel will pop up at the bottom of your screen. Notice "Button" is already highlighted.



- 4 Select the button you want to edit.
- 5 To change the button symbol:



- 6 To change the text that appears on the button, type in the Label field. To change the Message that is inserted or spoken when the button is selected, type in the Message field.
- 7 Select Style to change the button color, border, font, or layout.
- 8 Edit the Actions to change what happens when the button is selected.



- 9 When finished, select Done.

Scan this code to get more information on editing buttons.







# Activity

## Doctor Visit

### Communication Tools:

- Health Topics



- Rating Scales



### Preparation:

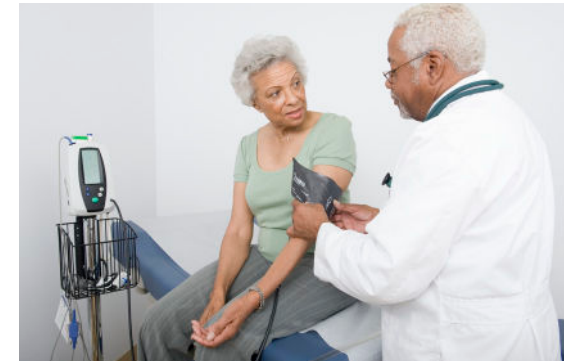
Locate the Health Topic and review the vocabulary.

### During Activity:

- 1 Say, "We are going to talk about going to the doctor and talk about your health."
- 2 Ask the individual to select the Topics button in the Toolbar, or model for them how to find it.
- 3 Say "You have a doctor appt next week. Let's figure out what you may want to share."  
Select the Health Topic.
  - Select the "See the doctor" button in the Health Topic while saying, "I need to see the doctor".
  - Say "If you are having pain you could say, "Something hurts" and then point to an area on your body or point to specific areas using the picture in the Body Topic.
- 4 Ask the individual to navigate to Rating Scales or model for them how to find them. Select the Pain Scale.
  - Say "How much pain are you having right now? 0 is no pain and 10 is the worst pain you've ever felt."
  - Use facial expressions to help communicate the numbers (smile when you say "0" and grimace when you say "10").
  - Using the Rating Scale of 1 to 5 or 1 to 3 ask the individual if they are feeling good (5) or bad (1).



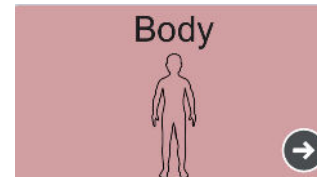
If the individual doesn't have a gesture or verbal way to answer yes/no, go to QuickFires for a yes/no on the screen.



### Additional Activities:

#### Explore the Body Topic

Ask the individual if they have any pain anywhere and direct them to point to the part of the body.



#### Explore the Body & Health Word List

Ask the individual if they have pain anywhere directing them to the word list.



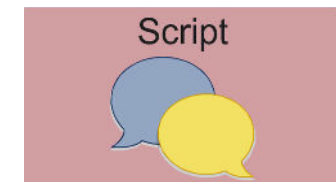
#### Explore the Whiteboard

Use the Whiteboard to have the individual tell someone they need to see the doctor. Have them write the doctor's name, or the date and time of their next visit. They could even write how they feel, "good" or "bad".



#### Explore Scripts

Select the Scripts button in the top right corner of the Health Topic. Review and rehearse the basic dialogue script. This is a typical conversation someone might have with their doctor. You might want to rehearse this script before your next visit.



# Activity

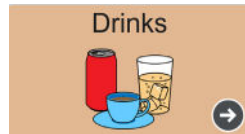
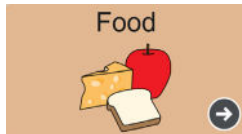
## Going to a Restaurant

### Communication Tools:

- QuickFires



- Food Word List/Drink Word List



### Preparation:

Explore QuickFires, locate the Food Word List and Drink Word List, and review the vocabulary.

### During Activity:

- 1 Say, "We are going to talk about going to the restaurant and talking about your meals."
- 2 Ask the individual select QuickFires or model for them how to find it.
  - Select Personal Needs and say "I'm hungry" while selecting the button.
  - Select Greetings and Social in QuickFires. Say, "Are you hungry?" and direct the individual to answer "yes" or "no" on the page.
- 3 Ask the individual select Word Lists or model for them how to find it. Select Food. Say, "Let's get some dinner" while selecting "Dinner."
  - Select Lunch and Dinner and say, "What are you hungry for?"
  - Say "I'm hungry for" and select something on the page.
  - Select QuickFires. Select Personal Needs and say "I'm thirsty too" while selecting the button.
  - Select Greetings and Social in QuickFires and say "Are you thirsty?" and direct the individual to answer yes or no.
  - Select Word Lists and select Drinks. Say "What do you like to drink?"



### Additional Activities:

#### Explore the Whiteboard

Ask the individual to draw or write what they want to eat.

Write down 3 choices of items for the individual and ask them to point to what they want to eat.



#### Explore Restaurant Topic

Have the individual practice asking questions (e.g. Want to eat out?) and give instructions (e.g. Sit here).

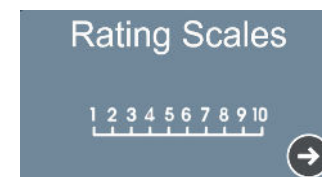


#### Explore Rating Scale

Ask the individual to respond to the following questions using the Rating Scale.

What did you think of the food?

How was the service?



# Activity

## Watching Television/Movie

### Communication Tools:

- Movies & TV Topic



### Preparation:

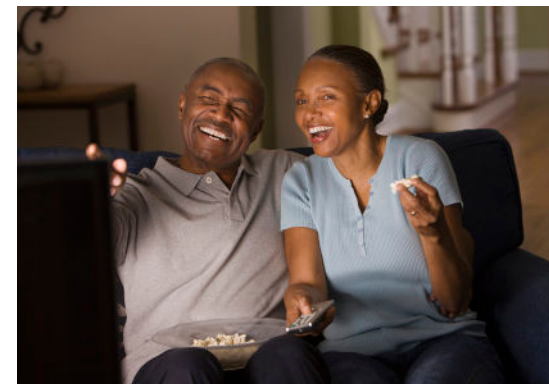
Locate Movies & TV Topic and review the vocabulary.

Program in a favorite tv show or movie on the button "Let's watch".

**See the Edit a Button card for instructions.**

### During Activity:

- 1 Say, "We are going to talk about watching tv or a movie."
- 2 Ask the individual select Topics or model for them how to find it.
  - Ask the individual select Movies & TV or model for them how to find it.
    - ▶ Select "What's on?" while also saying the phrase.
    - ▶ Select "Let's watch" while also saying the phrase.
    - ▶ Turn to the wrong channel on purpose and ask the individual if you should change the channel or record it while selecting the buttons.



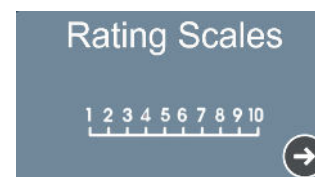
### Additional Activities:

#### Explore Rating Scale

Ask the individual to respond to the following questions:

How was that show?

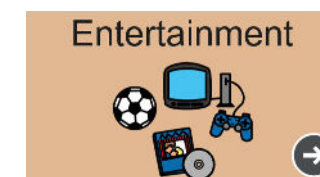
What did you think of the acting?



#### Explore Word Lists-Entertainment

Ask what kind of programming the individual likes (e.g. comedy, sports, etc.).

Note: Depending on the grid size you are using, you may need to scroll down a page.



# Activity

## Directing Care

### Communication Tools:

- QuickFires



- Rating Scales



### Preparation:

Explore QuickFires and locate the Rating Scales.

### During Activity:

- 1 Say, "We are going to discuss caregiver activities."
- 2 Ask the individual to select Rating Scales or model for them how to find it.
  - Say, "Are you comfortable?" while also pointing to 5 and saying, "very" and pointing to 1 while saying, "not at all."
- 3 Select Food. Say, "Let's get some dinner" while selecting "Dinner."
  - Select Personal Needs.
  - Ask the individual if they are "hot" or "cold" directing them to the buttons on the screen.
  - Select Greetings and Social.
  - Say, "Do you need anything else. Yes or no." while directing them to the yes and no buttons.



### Additional Activities:

#### Explore Script

Select the Scripts button in the top right corner of the Caregiver Topic. Review and rehearse the script. This is a typical conversation someone might have with their caregiver.



#### Explore Caregiver Topic

Explore the various messages and have the individual practice asking questions (e.g. What time?) or giving instructions (e.g. "I want to shower").



#### Explore Keyboard

Have the individual select the keyboard and type out what they need. Remind the individual that if they don't know how to spell it correctly, they should make their best guess. Even a few letters will sometimes be enough to help someone understand what they need.





# Activity

## House Cleaning

### Communication Tools:

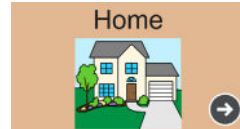
■ Cleaning Topic



■ Whiteboard



■ Home Word List



### Preparation:

Explore the Cleaning Topic, Home Word List and Whiteboard.

### During Activity:

- 1 Say, "We are going to discuss cleaning the house."
- 2 Ask the individual to navigate to the Whiteboard or model for them how to find it.
  - Say, "Someone is coming today to clean" while writing "clean" on the Whiteboard.
- 3 Ask the individual to select Word Lists or model for them how to find it.
  - Select Home.
  - Say, "What rooms need cleaning?" or "Where should they start?" while directing the individual to the choices on the page.



Note: You may want to push the buttons on the page while you say it to help cue the individual (e.g. "Kitchen" while pushing kitchen).

- 4 Ask the individual to go back to the Whiteboard or model for them how to find it.
  - Ask the individual what needs to be done first.
  - If they can't draw or write, write down 3 choices while speaking each choice: vacuum, dusting, sweeping and ask what they would like done first.



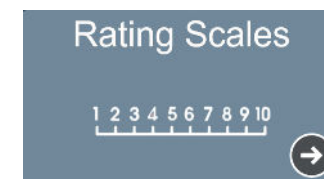
### Additional Activities:

#### Explore Rating Scale

Ask the individual to respond to the following questions using the Rating Scale. Don't forget to remind them what the numbers mean (e.g. "5 is great and 1 is really bad").

How good of a job did they do?

How clean is your place?



#### Explore Cleaning Topic

Have the individual to practice asking questions (e.g. Can you clean this?) or giving instructions (e.g. Let's clean today.)



# Activity

## Creating a Shopping List

### Communication Tools:

- Shopping Topic



- Food Word List/Drink Word List



### Preparation:

Locate the Shopping Topic, Food Word List and Drink Word List and review the vocabulary.

### During Activity:

- 1 Say, "We are going to create a shopping list today."
- 2 Ask the individual to select Topics and Shopping or model for them how to find it.
  - Select "Go grocery shopping" while saying "I need to go grocery shopping."
  - Select "Do you have the list?" while also saying it.
- 3 Ask the individual to select Word Lists and Food or model for them how to find it.
  - Say, "What should we add to our list?" while directing the individual to the page for a response.
  - If the individual doesn't respond, select Fruits and Vegetables and say, "Do we need any of fruits or vegetables?"
  - Once the individual selects an item, add it to your list.



### Additional Activities:

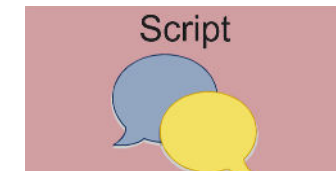
#### Explore Keyboard

Have the individual select the keyboard and type out what they need. Remind the individual that if they don't know how to spell it correctly, they should make their best guess. Even a few letters will sometimes be enough to help someone understand what they need.



#### Explore Scripts

Select the Scripts button in the top right corner of the Shopping Topic. Review and rehearse the script. This is a typical conversation someone might have about going shopping.



#### Explore the Whiteboard

Have the individual draw or write what needs to be on the shopping list.



# Resources

To read more about the research behind the Aphasia Pages see our Articles-at-a-Glance.



Create a MyTobiiDynavox Account to backup or share your pages. Scan this QR Code.



To access our Communication Activity and Therapy Guide for Aphasia, scan this QR Code.



North America Technical Support: 1-800-244-1778 ext. 1

