Give time

Give time – it helps persons with communication disabilities

Life can change in an instant

Every day, many people suffer from blood clots or haemorrhage in the brain. It can change your life in an instant and make even the simplest things difficult. Many people affected suffer from language disorders, aphasia.

What is aphasia?

When suffering from a blood clot or haemorrhage in the brain, language might get disturbed. It can mean that you have difficulties understanding what others say, to express yourself, read, write and to perceive things quickly. Thoughts and feelings might be the same as before.

About Give time

Give time is an initiative from the Norwegian Aphasia Association to help people with aphasia and other communication difficulties. Unfortunately, people with aphasia might experience being looked down upon or being perceived as intoxicated simply because they are unable to understand what is being said or making themselves understood. This is unacceptable when one wants to be an active part of society.

Give time – it helps

By giving time when you meet a person with a communication difficulty, they can manage everyday life better for example when they are going out shopping or taking the bus.

You can read more about aphasia at www.lhl.no/afasi (only in norwegian)

10 good tips

Here are 10 good tips that can make it easier talk to a person with aphasia.

1 Give time

Give time – the person with aphasia will have a better opportunity to understand what you say and time to formulate an answer.

2 Keep eye contact

It is an advantage for those who have aphasia to be able to see your face and your mouth movements when you talk together.

3 Listen attentively and don't interrupt

Be patient and listen. Sometimes the person with aphasia needs time finding the words. Do not try uncritically to guess what the person is trying to say.

4 Use short sentences

Talk in short sentences about specific things.

5 Talk slowly, but do not overdo it

Speak in a slow pace with a regular voice and clear mouth movements. Do not talk louder than unusual.

6 Use natural signs

It helps if you emphasize what you say with gestures and body language, or by pointing to what you are talking about.

7 Yes and no

Some persons with aphasia mix yes and no. Look at body language and eyes to make sure you understood things correctly.

8 Only one at a time

If several people talk at the same time, the person with aphasia might have difficulties following the conversation.

9 Respect, patience and imagination

Don't give up even if it seems difficult. If you give yourself time, the path to good communication between you and the person with aphasia is laid.

10 Remember

There may be other factors than aphasia that cause communication difficulties.

cox.no / 10.2020

About LHL

LHL, The Norwegian Heart, Lung and Stroke Association, is a member-led patient organisation with nearly 52,000 members in local chapters across Norway.

We represent and support people living with heart and lung disease, stroke and aphasia, as well as their families and carers.

Since 1943, LHL has helped improve people's lives through public education and advocacy, research and advice, and by building communities and promoting volunteering.

Become a member

People with aphasia and other acquired communication difficulties, relatives, professionals, and other interested parties are welcome as members. As a member you get:

- Three annual issues of the magazine Et bedre liv.
- Opportunity to attend courses organized by the association.
- Right to membership in a local association; the opportunity to meet others in the same situation by attending the local association's events.
- Opportunity to support a good cause.
- Get advice from a professional. Do you have questions about your health? Our nurses, dietitians, speech therapists and lawyers are here to help. The service is free and confidential.

LHL

Please visit us at www.lhl.no/afasi
Phone: +47 22 79 90 00
E-mail: post@lhl.no