

TIPS FOR
STAYING SOCIAL
WITH
APHASIA

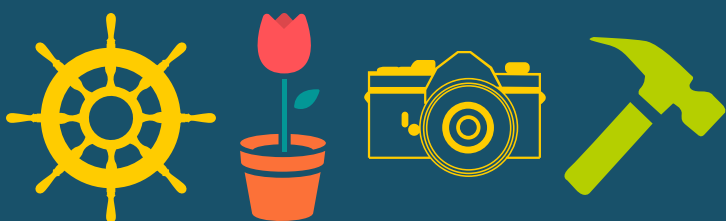
BE ACTIVE, INVOLVED, CONNECTED



Reach out on social media



Join a book club



Renew old hobbies and explore new ones



Volunteer



Seek out communication tools and practice!



Connect with family and friends



Join support groups



Participate in research studies



Take a class



Enroll in speech therapy

mari.umich.edu/stayingsocial



MARY A. RACKHAM INSTITUTE
UNIVERSITY CENTER FOR LANGUAGE AND LITERACY
UNIVERSITY OF MICHIGAN

University of Michigan Aphasia Program

RESOURCES

Social media

Connect with groups and follow pages like UMAP: facebook.com/aphasiahelp

Connect with family and friends

Learn some conversation starters.

Stay up to date on the news: newsinlevels.com



Join a book club

Start with the Reading for Life Aphasia Book Club: simonsaysspeech.com/reading-for-life

Seek out support groups

Find local support groups through the National Aphasia Association: aphasia.org/site/

Explore hobbies

Discover a hobby: discoverahobby.com

Participate in research studies

Take part in a study:

clinicaltrials.gov/search/term=Aphasia



Volunteer

Volunteer for a cause you care about with Volunteer Match: volunteermatch.org

Take a class



Expand your knowledge with an online class: coursera.org



Enroll in speech therapy

Consider a therapy program, such as UMAP: aphasiahelp.com



Communication tools and practice



Pick up a communication technique book: alimed.com/daily-communicator.html

For more tips visit

mari.umich.edu/staying-social

As part of the UCLL, the University of Michigan Aphasia Program (UMAP) provides highly individualized, intensive speech and language therapy for those with aphasia. Learn more at AphasiaHelp.com



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