

## Tips for People Living with Aphasia

By Toms River ACG Members

### Tips for People Living with Aphasia

1. Ask for help.
2. Ask questions.
3. Stick up for yourself; don't let others speak for you.
4. Carry a notebook and leave one next to your phone.
5. Make a list of questions/comments before calling a doctor's office and/or business.
6. Handle personal business in-person, not over the phone.

### Tips for Others to Support People with Aphasia

1. Have patience with me.
2. Listen; don't rush me or speak for me!
3. Give me extra time to say what I want to say when I'm on the phone.
4. Call me, don't text me!
5. Limit background noise.



**Toms River ACG Members  
(A.M. Group)**

pictured left to right  
Bob D., Mindy J., Ed C., Janet W.,  
Gene G. (Stacey M.- not pictured)

## Giving and Receiving Support at Adler

By Tommy D., Maywood Member

I love helping each individual. I like talking about myself and that helps others. I share how I address different things and the other person goes, "I never thought about that." I also hear information from people at Adler and that helps me.

Communication is huge. Talk about what you have. You can help me, and I can help you.

Everybody supports everybody at Adler. The biggest thing is making everyone comfortable. The biggest support is from the teachers. They are positive and make everyone feel better.

PPT-Power of Positive Thinking:

Don't tell me I can't do it. You have to believe in yourself. It starts with you. Don't stick on the negative, positive is the way to go. Believe that.



**Tommy D.**

## Giving and Receiving Support – Two Sides of the Same Coin

By Haddonfield ACG Members

Haddonfield members have received support and have given support. It goes both ways, like two sides of the same coin.

Many people like to help. They like to feel needed. So, if you need help, ask away!

Members get help from their families. But, even with aphasia, members can support their families. Frank helps with mowing the lawn and yard work.

Receiving help from adult children can be hard, though. As parents, members took care of their children. After aphasia, the adult children help their parents. It takes time to get used to that switch.

When you ask for help, fit your request to the person. Bill told about organizing a picnic with Adler members. Somebody needed to grill the burgers. So he asked someone who could stand and use both arms to do that. Someone needed to pick up the cake. So he asked someone who could drive.

Members receive support from the aphasia community. In turn, the members give back to the aphasia community. Shai wrote a book about aphasia and gives library talks about aphasia. Lynda went to health fairs to spread the word about aphasia. She also helped write articles about stroke. Bill served on the Board of Directors of the Adler Aphasias Center.



### Haddonfield ACG Members

with some care partners,  
pictured left to right  
Elaine Z. (Bill Z.'s wife), Frank M., Shai A., Rita  
B. (Lynda's sister)  
Seated: Bill Z., Lynda H.

## Those Who Have Supported Us

By Mack M. & Marvin T., West Orange Members

### Meet 2 of our new West Orange members

They answered the question:

*Who has supported you and what does that support mean to you?*

#### **Mack M.**

I would say first God....and then comes my family, my sister, Guerline, my brother, Shawn. My mom, my Dad and my cousin, Joanne. They supported me in different ways, financially, psychologically, morally and physically. They all combine to support me. They are there for me since I had my stroke, even before and now they still support me.

From the government the social security helps – my job helped me too. Friends, not all friends but... some friends try to rob me - to take advantage of me. Also my therapists help me a lot in my recovery. One of the first therapists who helped me a lot told me about Adler (That was Jeannie).

#### **Marvin T.**

Well, Michael is the bedrock. He has a few problems. Everyone does, but he was there when I needed him most. Despite his retirement, he gave up plans to travel to care for me. This is indicative of how much he cares. We've always had a 50-50 relationship, but it's more 25-75%. Hélas! Still, I'm always cognizant of how try to be a mensch, though I have a handicap.



**Mack M.**



**Marvin T.**

## My Biggest Supporters

By Chris R., Toms River Member

Gina has supported me. Gina helped me to live. I wouldn't be here without her. I started planting after my stroke. I grow tomatoes, peppers, and herbs. Financially, she supported me and helped get disability. I love her.

Jack and I cheer each other on. I don't have a relationship with my grandchildren in Florida. Jack is special to me. I go to all his sports games and practices. I show him science experiments and bought Oreo cakesters after trying them in group.

Brandi has supported me. She's helped me with my aphasia. She told me to do the aphasia study in Boston. She researched it thinking about my needs. My sister, a lawyer, helped me get money. My mom has supported me. She lived with me after rehab for 4 months. I lived with her after my stroke for 3 months.



**Chris R.**

Miranda has supported me when I had my stroke. She told me about her kids (nephew and niece). I went to cheerleading and football. I liked hearing about the kids. It kept me connected to them.

Mike (younger brother) was with me when I had the stroke. He passed away 2 years, maybe, after the stroke. Phone calls were special. I miss him.

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### Programs offered throughout the state of New Jersey:

- **Maywood Campus:** [kcastka@adleraphasiacenter.org](mailto:kcastka@adleraphasiacenter.org)
- **West Orange Campus:** [sqlaser@adleraphasiacenter.org](mailto:sqlaser@adleraphasiacenter.org)
- **Toms River Campus:** [brein@adleraphasiacenter.org](mailto:brein@adleraphasiacenter.org)
- **Aphasia Communication Groups (7 sites in NJ):** [gszabo@adleraphasiacenter.org](mailto:gszabo@adleraphasiacenter.org)

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Adler Aphasias Center, a non-profit organization with three full service facilities based in Maywood, West Orange, and Toms River, NJ and seven Aphasia Communication Groups located throughout the state, is an innovative program that addresses the long-term needs of people with aphasia and their families. Aphasia is a communication disorder that impairs the expression and understanding of spoken language, reading and writing. It occurs most often from a stroke or other brain injury. It affects a person's ability to communicate, but not his or her intellect. For more information about our programs and services in Maywood, West Orange, or Toms River, NJ, or for information about our Aphasia Communication Groups in Haddonfield, Hammonton, Maywood, Monroe, Toms River and Virtual NJ Group, visit our website at [www.adleraphasiacenter.org](http://www.adleraphasiacenter.org) or call 201.368.8585.