

How to Cope with Communication Problems After a Stroke

Tips from rehab

It can be hard to cope with communication problems after a stroke. These are a few tips that can help.

- Try not to compare yourself to others. Everybody is different.
- Focus on your recovery, instead of the way things were before the stroke. Look forward and be positive.
- Be patient. It can take a long time to recover from a stroke.
- Keep well rested. Take breaks.
- Take small steps. Recovery is a gradual process.
- Tell others about your communication difficulties. Tell your friends and family what helps you to communicate.
- Remember, your difficulties are not your fault.
- Continue to do things that you enjoy and be open to new ways of doing things.
- Stay involved in family and community activities.
- Be around people who care about you.
- You are not alone. There are many opportunities to connect with other people who have gone through similar experiences.



Community resources

[Aphasia Institute \(North York\)](#) | Website: www.aphasia.ca

Phone: 416 226 3636

[Aphasia and Communication Disabilities](#)

Program (ACDP) (Part of March of Dimes) | Website: www.marchofdimes.ca

Phone: 416 425 1920

[Halton Hills Aphasia Centre](#) | Website: www.haltonaphasiacentre.com

Phone: 905 875 8474

[Yee Hong Centre for Geriatric Care](#) | Website: www.yeehong.com

Phone: 416 321 6333

[ABI network](#) | Website: www.abinetwork.ca

Phone: 416 597 3057

Online Support Groups including Facebook and Twitter.

Local religious, cultural or community centres may also be good resources for support.

University Health Network tries to keep patient education brochures up to date, but some information may change. Please contact any organizations that may be listed to make sure the information is correct or to find out more about their services.



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