

# Life After Stroke

## Improve Communication

- **Speak slowly**
  - It often takes a little more time for the stroke survivor to process information
  - Too much noise, light or activity can be overwhelming. Avoid having the TV, radio or other noise on when talking with the survivor
- **Use simple language**
- **Give time to understand message**
  - Wait patiently for the person to respond to the message
- **Repetition is often required**
  - The more the survivor repeat/rehearse new information, the more likely he or she is to remember it.
- **If message continues to be unclear, try:**
  - Writing
  - Ask Yes or NO questions
- **Remember that speech & language skills can continue to improve.**
  - The brain can take 18 months to heal, and speech & language can continue to improve beyond that with work and practice.