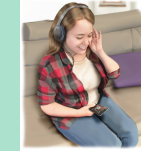


Speech and language therapy for aphasia after a stroke

You can hear this information read out loud. Scan this QR code.



For more detailed information on the studies, scan the QR codes below.



After a **stroke**, some people have **difficulty with language**

This might affect...

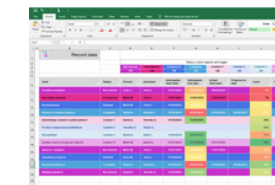
Speaking and understanding speech, reading and writing



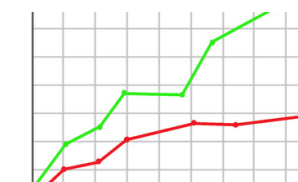
This is called **aphasia**
Aphasia is **different for everyone**



Researchers have looked at **evidence** - what we know about aphasia



They collected **information from lots of research projects**



The researchers found **links** between what **speech and language therapy** people had, and **their recovery**

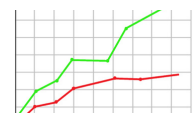
How much speech and language therapy do people need and when should it happen?

Here is what the researchers found-

Research article



Scan QR code



Most language recovery was linked with...



20-50 hours of speech and language therapy in **total**



2-4 hours a week for general language improvement



4-5 times a week of therapy is best



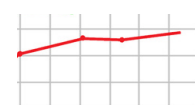
People **improved more** if they **practiced** their therapy **tasks at home**



Most **improvement in understanding** other people's speech was linked with...



more than 9 hours therapy a week



Understanding did **not improve** when linked to **less than 3 hours a week** or **less than 20 hours** in total

Should speech and language therapy be different for different groups of people with aphasia?

Here is what the researchers found-

Research article



Scan QR code

Mostly **people were similar** in what they need for the best recovery

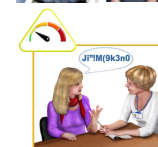
However, for some people, their best recovery may be linked with **more speech and language therapy** a week –



Younger adults



Men



People with **milder aphasia**



People who have had aphasia for **more than 3 months**



This therapy could be

more hours,



more intensively, or



more often

What predicts recovery from aphasia? Do we know who is likely to recover the most?

Here is what the researchers found-

Research article



Scan QR code



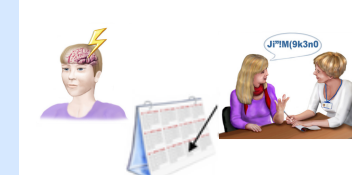
Younger people (under 55) with stroke **improve the most** with therapy



However, **older people** can still improve with therapy (**even over 75**)



People who start speech and language therapy within a month will recover most



However, people who had their **stroke over 6 months ago**, can still improve with therapy

