



# dyscover

specialist aphasia support



Dyscover is a Surrey based charity which offers a social model of aphasia management supporting 80 people with aphasia through weekly structured communication support groups  
CPT is at the heart of what we do at Dyscover. Our aim is to enable people to manage their aphasia and become active citizens.

We work with individuals who have aphasia in weekly groups, and also run 6 session CPT courses for groups of up to 6 couples with post stroke aphasia or (separately) PPA.



We also use CPT to resource our own staff and volunteers with the skills they need to have conversations with our beneficiaries. Education and awareness raising sessions are also run for outside organizations



# Impact of aphasia

Aphasia puts people at a unique disadvantage – isolation is greater, depression is more common, relationships are impacted more, mental health and QoL worse than ppl who don't have aphasia. Plenty of research evidence from Simmons Mackie/Kagan/Worrall/ Cruice/Hilari and others.



# Why CPT?

Successful and enjoyable conversation...

- ✓ Enables participation
- ✓ Sustains relationships
- ✓ Combats isolation
- ✓ Promotes wellbeing
- ✓ Protects mental health



So what is conversation? Essentially a social exchange. Doesn't always have to tax semantics, syntax and morphology. This video shows a wonderful exchange which is mutually satisfying and beneficial.



<https://youtu.be/0IaNR8YGdow>

# A good partner gets you a long way

Conversation is like a dance. When one person has reduced skills and abilities ( aphasia) a skilled partner can modify the environment, lead, adapt, compensate and support to produce a better outcome for both.





staff, volunteers, family members pwa  
and the general public can benefit from  
CPT



# Ingredients for success



Our habits and behaviours in conversation are often automatic and entrenched. We need to raise what we do to a conscious level. Looking at our conversations on video is a good way to start the process



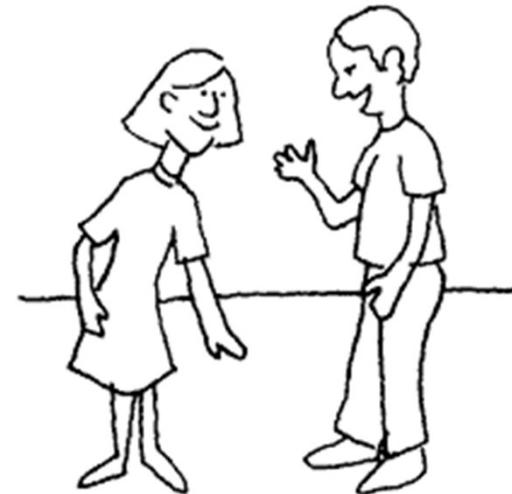
# Barriers

Get in the way of conversation



# Facilitators

Help conversation to flow



## Demonstrating techniques

Explicit teaching of techniques is often an important part of achieving behaviour change





# Explore and understand the aphasia

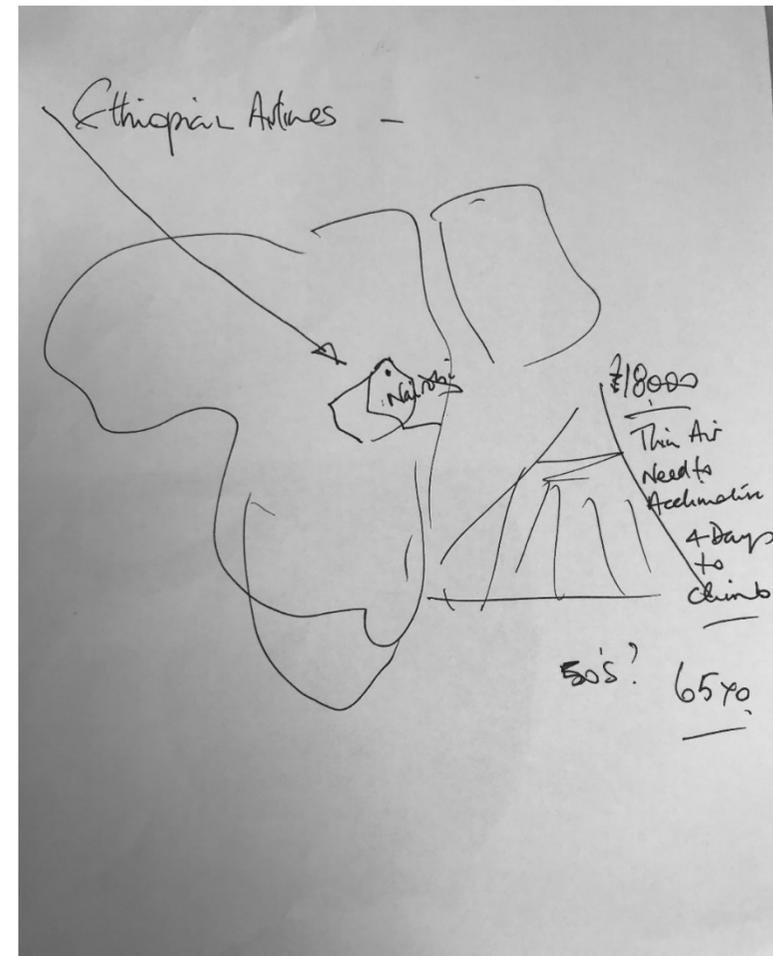
- 3 slides illustrating task where couples give instructions to one another over a screen.
- Tasks like this 'deconstruct' conversation, which we find help ppl to understand their difficulties better
- Also highlights the importance for partners of simplifying / chunking their message & checking comprehension

The process involves

- Watching and learning from one another
- Discussion and reflection
- Partner swap – to consolidate skills

Practice, and normalise strategy use

Drawing and writing key words helps 'amplify' the spoken message and provides a lasting reminder of the conversation. This can be a useful reference point for the pwa in making his contribution.



See what a difference props can make

Without aphasia conversations are spontaneous. Now planning is needed. Payoff – pwa are engaged, quickly understand the context, are empowered and more able to make choices and express opinions. They look and feel more competent



Generalise skills into group conversation

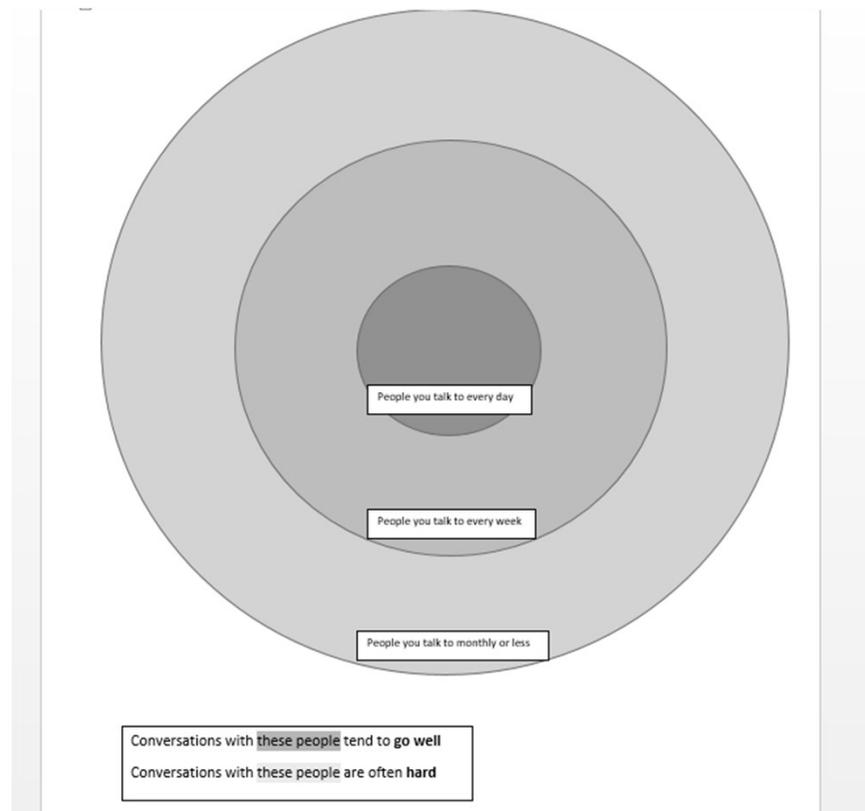
By teaching partners how to include pwa in small group conversation we can help them reduce isolation and maintain relationships



Pass on learning to other partners

We like our courses to have a legacy and impact beyond the 6 weeks ppl spend with us

We identify other conversation partners and help ppl to choose who and how to target for change.



## Make a demo video

Another thing we find helpful is to make a demo video to show friends and family what good conv looks like. This can also act as a reminder for participants



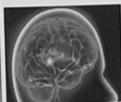
22/10/19

dyscover  
rediscovering communication

### take away points

Couples' course led by Dyscover at Leatherhead Court  
14 February to 4 April 2019

### Aphasia is different for everybody



#### Different types of aphasia

Broca's aphasia

Wernicke's aphasia

Conduction aphasia

Global aphasia

Anomic aphasia

Transcortical motor aphasia

Transcortical sensory aphasia

Isolated repetition aphasia

Isolated comprehension aphasia

Isolated naming aphasia

Isolated reading aphasia

Isolated writing aphasia

Isolated calculation aphasia

Isolated spatial organization

Isolated face recognition

Isolated object recognition

Isolated memory

Isolated attention

Isolated executive function

Isolated social skills

Isolated emotional control

Isolated personality

Isolated self-awareness

Isolated self-regulation

Isolated self-motivation

Isolated self-direction

Isolated self-control

Isolated self-discipline

Isolated self-organization

Isolated self-management

Isolated self-monitoring

Isolated self-evaluation

Isolated self-reflection

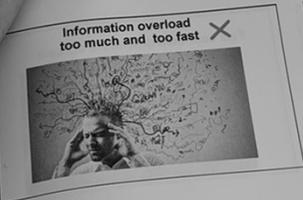
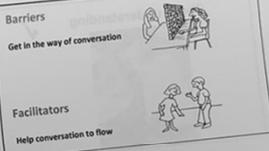
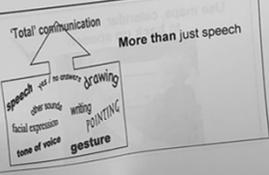
Isolated self-criticism

Isolated self-encouragement

Isolated self-reward

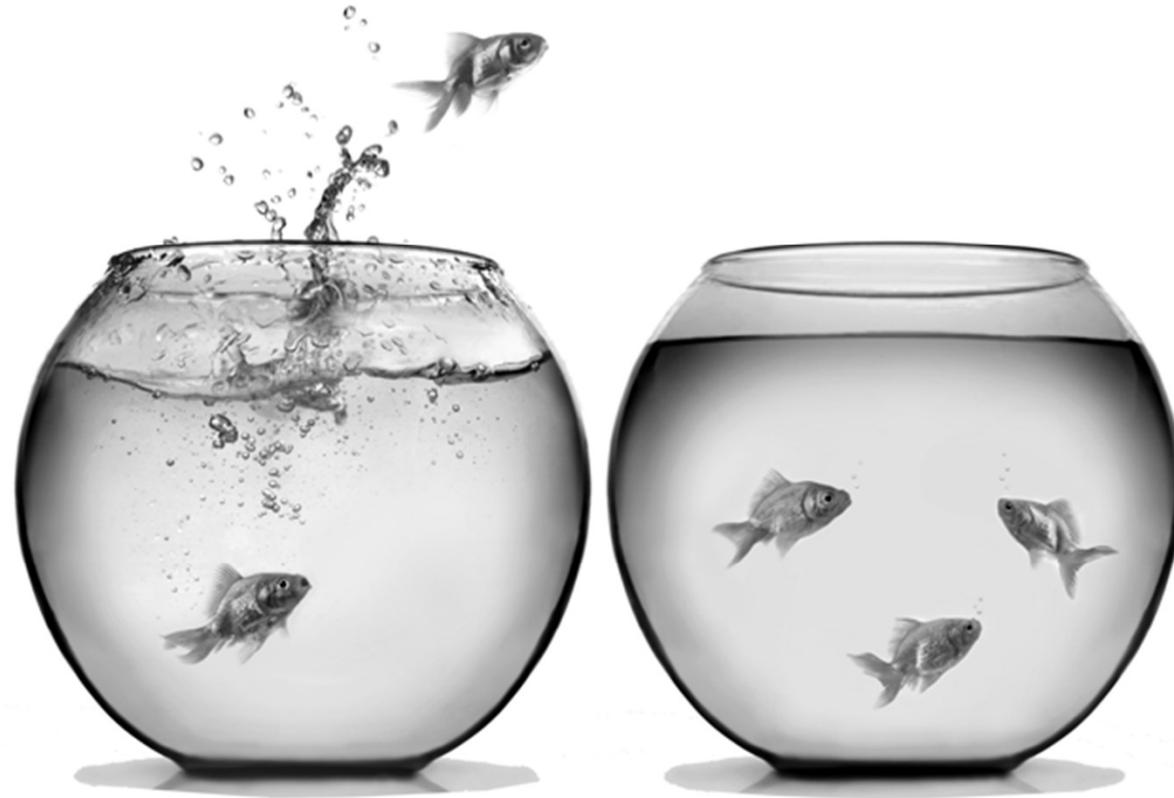
Isolated self-punishment

Isolated self-compassion



Aphasia friendly take away points too

Does CPT work ?

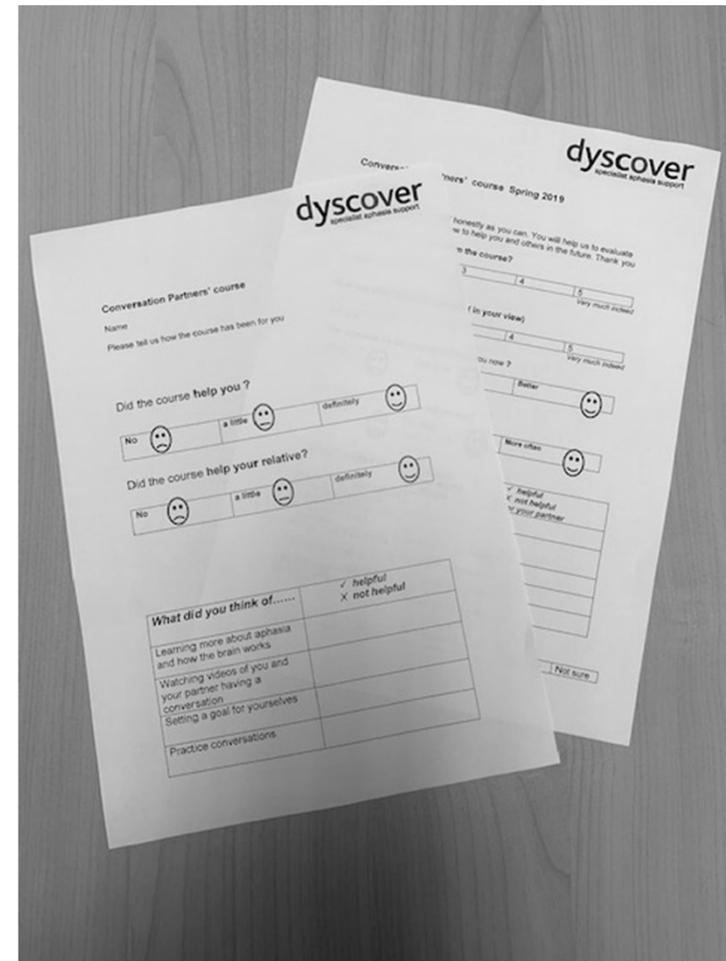


# Evaluation

Compare conversations at the beginning and end of the course

Look at whether goals have been achieved

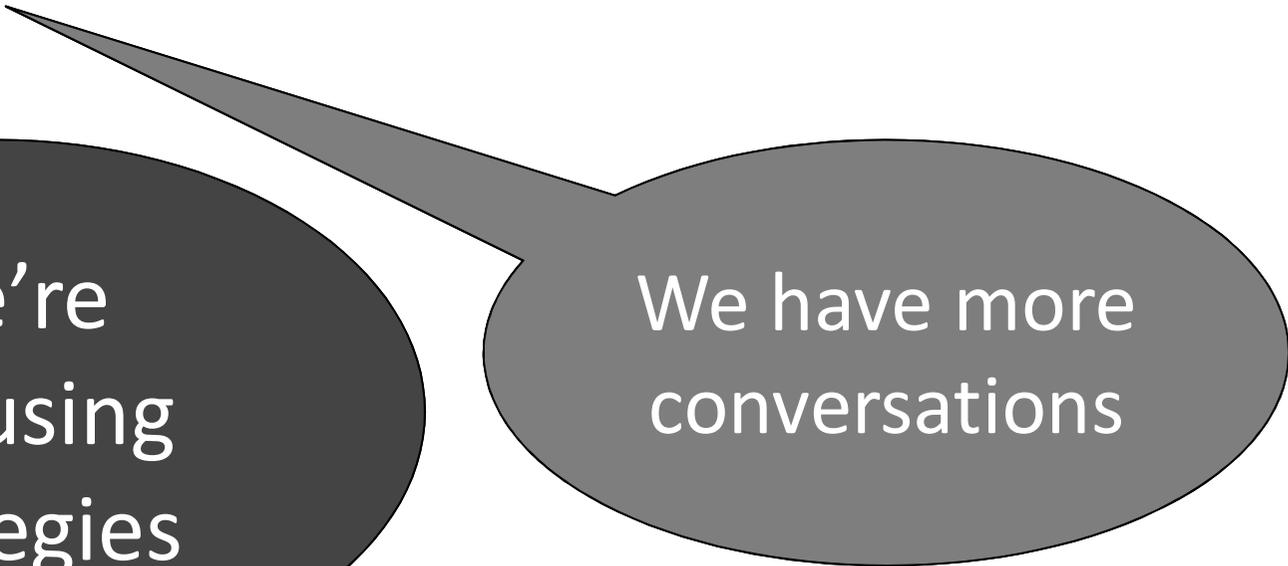
Ask for feedback - what do they say ?



# Relatives and people with aphasia say



We're  
still using  
strategies



We have more  
conversations



We're enjoying  
conversations  
more

# What helped most?



video analysis



practice conversations



meeting others with aphasia



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