

What is APHASIA ?

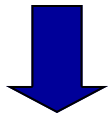
Aphasia is one of the **communication disabilities** that can occur after **stroke, brain injury, or brain disease**. It may be **hard to talk**, to **understand** spoken words, to **read** and to **write**.

Some people may also have:

- **Dysarthria** - weakness of the **speech muscles**
- **Apraxia of speech** - difficulty with **coordination of speech sounds**
- **Cognitively based** communication challenges

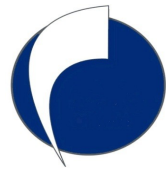
Communication changes affect

- **Well-being**
- **Self-confidence**
- **Conversation** effectiveness
- Family roles and **relationships**
- **Social connections**



People affected by aphasia are at increased risk for:

- **Social isolation**
- **Depression**
- **Aphasia-related abuse**



Aphasia Centre of Ottawa

ACO is a community-based agency dedicated to long term support for people affected by aphasia.

Integrated Services

Highly trained professionals collaborate in providing **interdisciplinary services to help people live with aphasia:**

- **Social work**
- **Speech-language therapy**
- **Physiotherapy**

Our **bilingual services** focus on:

- Enhanced **quality of life**
- **improved communication**
- **Family reconnection**
- **Communicative access**
- **Participation in community life**
- **Informed choices**

Family Support & Counselling

- **Crisis intervention & social services**
- **Individual, couple and family counselling**
- **Family Support Workshops**
- **In-services and training for other professionals and agencies**
- **Internships for SLP & CDA students**

Group Communication Therapy and Programs

- Support **recovery of language skills**
- Promote the **use of alternate communication strategies & aids**
- Incorporate customized **Life History Communication Books**



Fitness Programs with associates Action Potential Rehabilitation

- Enhanced sense of **well-being**
- Improved **cardiovascular function**
- Increased **strength & endurance**
- Improved **balance**

Communication Programs are offered at:

**2081 Merivale Road, Suite 300
(Country Place)**

**Ron Kolbus Lakeside Centre
(Ottawa West)**

**Fitness Programs only at
2081 Merivale Road, Suite 300**

Referrals accepted from:

- **Health Care Professionals** or community agencies
- **Family** members & friends
- **Self-referral**

Referral forms available online:

www.aphasiaottawa.org



Aphasia Centre of Ottawa is a not-for-profit, charitable organization. Services and programs are supported by:

- Champlain LHIN
- Champlain CCAC
- Dedicated volunteers
- Grants & fundraising
- Donations
- Fees for service.

Please contact us to:

- Learn more about aphasia & programs offered
- Consult with ACO staff
- Volunteer
- Donate

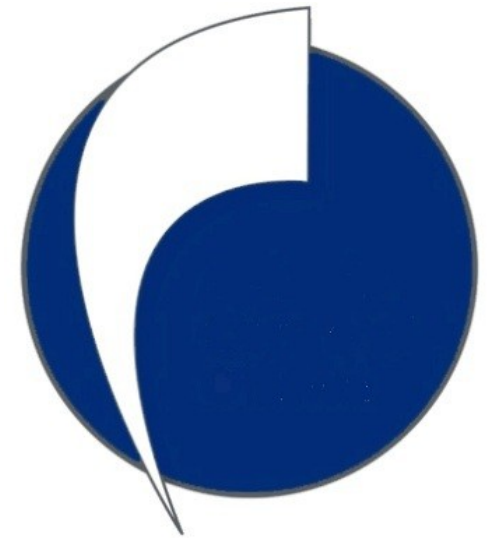
APHASIA CENTRE OF OTTAWA

2081 Merivale Road, Suite 300

OTTAWA, ON K2G 1G9

613- 567-1119

gillian@aphasiaottawa.org



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GETTING THE WORD OUT

**CELEBRATING OVER 20 YEARS
OF COMMUNITY SERVICE**