

APHASIA HOME SUPPORT GUIDE

Communication Strategies: Practising Conversation Strategies

Principles

- Recording and reviewing conversations can help adjust communication patterns and reduce frustration (Lock et al., 2001).
- Through video comparison, communication improvements can be seen and builds confidence (Hopper et al., 2002).
- The goal is not perfect conversation, but to find the most comfortable way for communication.

1 Target Audience

Person with Aphasia



- Individuals with **moderate to severe** aphasia but partially retained understanding.
- Those in the chronic stage (more than 6 months post-stroke).
- Individuals willing to try multiple communication methods.

Communication Partner



- Spouses, children, or primary carers.
- Individuals willing to practice regularly and adjust interaction patterns.

2 Materials

- A mobile phone or tablet for recording.
- A tripod or stand to hold the device.
- Picture cards or paper and pen for communication support

3 Steps

1 Setting a Conversation Topic

Everyday topics are recommended.
Topics should be specific and related to daily life.

Examples:

- "What would you like for dinner tonight?"
- "Any plans for the weekend?"
- "What happened at the hospital appointment today?"



2 Record the Conversation



Carer can remind themselves to:

- Wait patiently
- Use picture cards/gestures to assist.
- Avoid interrupting or correcting mistakes

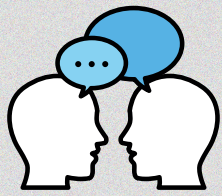


The person with aphasia can be encouraged to try:

- Drawing
- Writing
- Using gestures to express themselves



For details, see the 'Communication Strategies: Conversation Strategies' leaflet.



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3 Recording Review

Review the recording together, focusing on three points:



Successful Moments

"Here you waited 5 seconds."
"Using the picture card helped with understanding."



Adjustments (choose just 1 for next time)

"Next time, I will try not to interrupt."
"Next time, we can try asking about the topic first."



Emotion / Expression Observation

"You were smiling here, what made that good?"
"You frowned here, were you unsure?"

4 Goal-Setting

Based on the review, set a goal for the next session. For example:

- Use more yes/no questions.
- Try drawing a picture before speaking.



***Tips for Challenges

Challenge	Solution
Reluctance to be recorded	The carer can record themselves first to model comfort, then gently invite participation.
Disagreement during review	Pause the session and try another day. Focus on "what worked" rather than mistakes.
Lack of perceived progress	Compare the first week's recording with the current one; subtle progress is often noticeable.

ⓘ The information provided is for reference purposes only. For professional management or to learn more, please contact a speech and language therapist.

Reference(s)

- LOCK, S. ET AL. (2001). SPPARC. IJLCD, 36(SUPPL.), 25-30.
- HOPPER, T. ET AL. (2002). CONVERSATIONAL COACHING. APHASIOLOGY, 16(7), 745-761.
- KAGAN, A. (1998). SUPPORTED CONVERSATION. APHASIOLOGY, 12(9), 816-830.

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