How my stroke is affecting my communication and thought processes

Take time to talk with your health care team about the specific communication issues you’re having. Make notes of things the team tells you that you’ll want to remember:

**Aphasia**
My aphasia is:

- [ ] Expressive, it makes it difficult for me to speak
- [ ] Receptive, it makes it difficult to understand what others say
- [ ] Global, it makes it difficult to speak and to understand others

**Apraxia of speech**
When I know what I want to say but can’t get the words out

**Anomia**
When I have a hard time coming up with the word I want to say

**Dysarthria**
Difficulty moving the lips and tongue to make clear sounds

**Trouble with numbers**

**Trouble reading**

**Trouble writing what I want to say**

**Auditory overload**
When sounds and noise become too much for my brain to process

**Memory challenges**

- [ ] Short-term
- [ ] Long-term
- [ ] Remembering the steps to get something done
- [ ] Remembering how to do things