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## How my stroke is affecting my communication and thought processes

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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
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### Apraxia of speech

When I know what I want to say but can't get the words out

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### Anomia

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

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### Dysarthria

Difficulty moving the lips and tongue to make clear sounds

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### Trouble with numbers

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### Trouble reading

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### Trouble writing what I want to say

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### Auditory overload

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

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### Memory challenges

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