

# TÖKUM TIL MÁLS\*

Group for people with aphasia

Organized by Heilaheill and speech pathologists

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\*The floor is yours

## BACKGROUND



Background of Icelandic Speech Language Pathologists (SLP/ST)

Collaboration between the board of Heilaheill and SLT, among other things, through Nordic Aphasia Association

Previous SLPs work in Aphasia groups in Iceland (e.g., Harðjaxlar and hörkutól, groups in rehab centres)

Aphasia Groups 2022 - now

## WHY APHASIA GROUPS?

Common consequences of speech impairment:

1. Social isolation
2. Depression
3. Few opportunities to chat and share
4. Difficulty meeting new people



## GOAL OF HEILAHEILL'S APHASIA GROUP

Opportunity for social activities

Opportunity to have a voice

Opportunity to share and chat

Opportunity to see how others deal with speech impairment

Opportunity to meet people who are experiencing similar things

## HOW DOES IT LOOK?

**When:** Saturdays from 11:00 AM to 12:30 PM  
(except the first Saturday of each month)

**Where:** Sigtún 42

**Who:** Two speech therapists guide each session  
12-16 participants with speech impairment

**How:** A specific theme at each meeting.  
Participants have the opportunity to prepare and use communication support during the discussions.

## COLLABORATION OF SLPS



Recruited SLPs who are working with adults and want to enrich the life of PWA



Before beginning of the semester SLPs meet:

Agenda for every group meeting

Who can attend when



Promoted through E-mail and Facebook

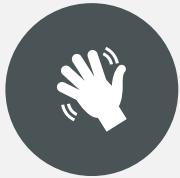


Registration through Google Forms

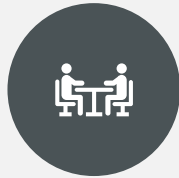


Closed Facebook group for participants (for dialogue, sharing information and photos)

# AGENDA OF EACH MEETING



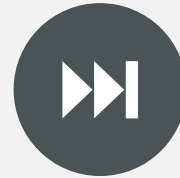
SHORT  
INTRODUCTION  
AND CASUALTIES



THEME OF THE  
DAY



SYNTHESIS OF  
THE MEETING



INTRODUCTION  
OF THE THEME  
NEXT WEEK



GOODBYE

# COMMUNICATION SUPPORT



JÁ



NEI

1	2	3	10	20	30
4	5	6	40	50	60
7	8	9	70	80	90
100	200	300	1000	2000	3000
400	500	600	4000	5000	6000
700	800	900	7000	8000	9000



10 ————— 0

Frábært Mjög gott Gott Sæmilegt Slæmt Mjög slæmt Ómurlegt  
 Æðislegar Mjög vell Vel „Lala“ Illa Mjög illa Ómurlega

BEST ————— VERST



## Kynning á mér

1. Nafn
2. Fæðingarár
3. Hvar ólstu upp?
4. Hversu mörg systkini áttu? Hvar ertu í systkinaröðinni?
5. Í hvaða barnaskóla fórstu og hvað varstu gamall/gömul?

10. Hver var fyrsta sumarvinnan þín?





# THEME EXAMPLES

**Tell us about you**, your background, your interests

**Travel:** where have you been and where do wish to go?

**Music:** what is your favorite music now and then?  
Do you know the song/band?

**Advertisements:** how have they changed over time?  
Do you remember what was advertised?

**A fun fact about you** - true or false?



# THEME EXAMPLES

## **Cultural celebrations**

- Explore different traditions on holidays
- Share personal stories related to the past, do you remember some Christmas gift?
- Discuss different food and drinks on for example, confirmation parties or at Christmas

**Movies:** What's your favorite movie?

**Play games or cards**

# EXPERIENCE WITH PREVIOUS GROUPS AND REVIEWS



Autumn 22 - 11 participants -  
Average number of participants  
in each class was 7.3 (range 6-8)



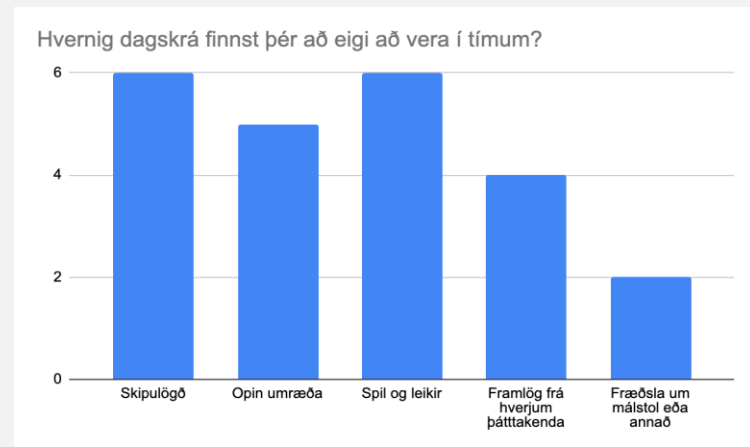
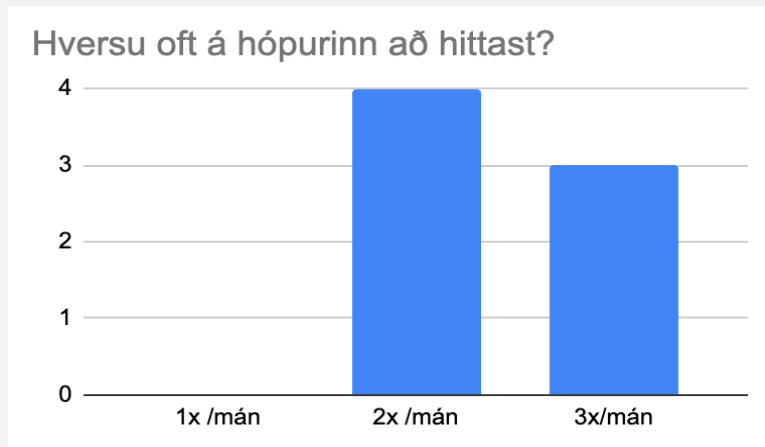
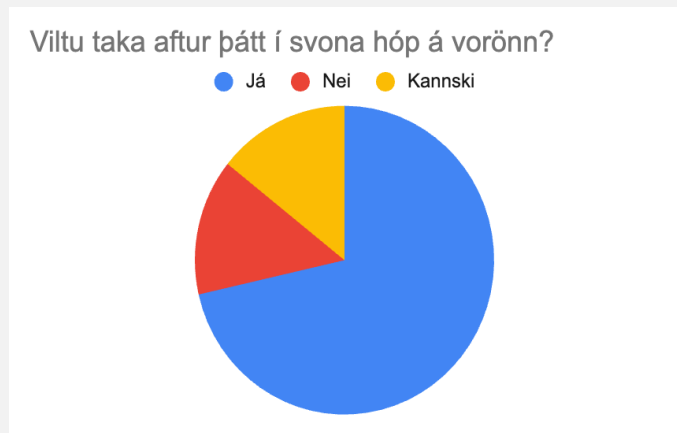
Spring 23 - 10 participants -  
Average number of participants  
in each class was 5.9 (span 5-9)



Autumn 24 - 16 registered  
participants, so far 9-13 in each  
class

NUMBER OF  
PARTICIPANTS

# AUTUMN 2022 SURVEY (N=7)





REVIEWS  
SPRING  
2023

***How have the meetings been like? What was good? What could be changed?***

- *It would be nice to meet out in the community sometimes and change the environment. It could go somewhere where it was possible to try new things, e.g. Clay, golf, or something else.*
- *Ideas for things that would have "training" value: Bingo, Bingo with decks, regular card games or board games such as Pub quiz, Shit happens/Timeline*

It is uncomfortable if people are guessing a lot when you are trying to find the words, because then the brain freezes. We cannot talk and listen at the same time.

It is hard to talk when there is a lot of things going on in the environment.

People with aphasia after stroke need a plan after they are discharged from rehabilitation that guides them how to continue their lives.

Communication partners need to listen actively with patience and interest. Please do not give up when we are trying to tell you something.

Our carers and family need support, both during the acute phase and also when we are discharged from the hospital.



Aphasia does not affect our intelligence but affects the ability to use it.

## EXPERIENCE OF SPEECH PATHOLOGISTS

All speech pathologists who have participated in the group have expressed satisfaction with the group work.



All the speech pathologists expressed interest in participating again, although some had to resign from the job temporarily due to personal reasons.





## CHALLENGES

People with aphasia are an isolated group that can be difficult to reach

The Data Protection Authority often prevents us from contacting them

Can be challenging to have a group of people with diverse level of aphasia

THANK YOU!

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