

## Media Release

28 March 2018

### Empowering others with Aphasia

**Phil suffered a stroke in 2010 which changed his life forever. Although physically fine, the stroke impacted his communication and writing skills. Phil now empowers others living with Aphasia to communicate again using an iPad.**

Phil had been a successful Account Manager at TAFE for over 30 years and used to travel frequently for overseas business trips. It was after his stroke that Phil discovered he had Aphasia - a language disorder that affects someone's understanding, speaking, reading or writing skills, caused by brain damage, most often by a stroke.

Phil returned to work and was given an iPad to help communicate. However, after 6 months he left as he couldn't email or use the telephone - Phil couldn't decipher what the speaker was saying and his emails weren't making any sense. Phil began educating himself on how to improve his reading and writing skills and attended Aphasia conferences but felt like he needed regular support.

*Phil saw a flyer for Link HC's Aphasia support group and became very excited! He hadn't heard of any support groups before and wanted the social element of a group environment and interaction with others who knew what he was going through. He regularly attends and loves learning new tips and seeing his friends.*

Phil started travelling and it was during his first solo trip to the UK that he created a travel diary. He included photos and blurbs of his daily experiences which he would send to his family. Phil found it incredibly time consuming and was constantly fixing errors in his blurbs, but he kept persevering. A few years later when Phil travelled to Spain, he looked back at his original diaries and was amazed to see the improvement in his communication! He was also more confident on his iPad and using Google maps to get around.

Phil now empowers others by regularly presenting at Aphasia conferences about how his iPad helps him communicate and the positive impact it's had on his life. Says Phi,

*"Everyone is impacted differently from Aphasia, but you can always help and understand others and their issues. Give people time to talk independently - if help is needed they will ask."*

Meet other remarkable people like Phil at our fortnightly Aphasia support group. Learn strategies for communicating, gain resources and attend quarterly outings! For more information call 1300 552 509 or visit [www.linkhc.org.au](http://www.linkhc.org.au)

See picture of Phil below.



*Picture of Phil who is empowering others living with Aphasia.*

### **About Link Health and Community**

Link Health and Community is a not-for-profit organisation that provides medical, health, and support services to improve the health and wellbeing of all residents living in the east and south east of Melbourne. [www.linkhc.org.au](http://www.linkhc.org.au)

### **Media Contact**

Sally Ann Nadj  
Communications and Engagement Manager  
03 8822 8313 or 0418 363 261 [snadj@linkhc.org.au](mailto:snadj@linkhc.org.au)