

## **S10: NEUROSCIENCES: FROM RESEARCH TO PRACTICE – (RE)HABILITATION**

### ***Speech Therapy in My Life***

During this symposium we will have the opportunity to hear speech therapists, family and patients perspectives regarding their experiences with speech therapy and how it changed their lives. Personal experiences are better testimonies of the impact that speech therapy had in promoting their activities, participation and quality of life.

Moderator: Ricardo Jorge Ferreira dos Santos (ESTSP.IPP)

#### ***Returning to active life after aphasia rehabilitation***

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Introduction: Aphasia is an acquired language disability caused by brain damage, usually stroke, that affects the person's ability to communicate with others since it may compromise speaking, understanding, reading, and writing. Aphasia affects the biopsychosocial integrity of the individuals compromising their social relationships (SR), their participation in activities, their emotional status and their QOL. Usually people with aphasia have difficulties in returning to previous activities and roles, specially returning to work.

Objectives: To describe the experience of living with aphasia and being supported by a speech therapist to promote the return to active life (activities and participation – including return to work).

Materials and Methods: qualitative through live interview

Results and Discussion: Speech therapy and the use of person-centered approaches can be very important to develop communication competences and strategies in order to promote successful communication in day-to-day activities and returning to work.

Conclusion: Speech therapy and person-centered approaches are important to help people with aphasia to return to active life