

Aphasia affects speaking, understanding, reading and writing as a result of a stroke, head injury or brain tumor. It can affect people of all ages.

More than 1,000,000 Americans live with aphasia daily. Many people living with aphasia report improvements for years after the onset.

*A Higher Level of Care*

**HEALTHSOUTH**  
MountainView Regional Rehabilitation Hospital

*Affiliated with Monongalia Health System and Robert C. Byrd  
Health Science Center of West Virginia University*

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**THE APHASIA CLUB**  
**A Social Gathering to**  
**Practice Communication**

HealthSouth MountainView Regional Rehabilitation Hospital's Aphasia Club provides people with aphasia the opportunity to use and improve communication skills in a social group under the facilitation of a speech-language pathologist and/or trained volunteers. It is intended for individuals who are no longer participating in speech-language therapy, whether it has been a few months or many years since they discontinued therapy. However, some individuals enjoy participating in the program to supplement the progress gained in their therapy. It does not require a physician's prescription and is not billed through insurance. It is like joining any other community social club with one thing in common—aphasia.

## Activities

- Conversation groups
- Exercises to maintain or improve ability to speak to others
- Exercises to maintain or improve ability to understand information
- Group projects
- Reading tasks
- Social celebrations
- Social outings
- Support group discussions
- Writing tasks

## Common Questions

### *What if I am better or worse at communicating than the other people in the club?*

The facilitator will be there to help you. If the group is large or members have different levels of ability, the facilitator may break the club into smaller work groups.

### *How large is the club?*

The club has no size restrictions. The meeting groups will be limited to a reasonable size for members to work. If the facilitator feels the group size is too large, he or she may break the group into smaller work groups.

### *What does it cost and how do I pay?*

We do not charge a fee; however, there may be an expense for an activity. Activities with any fee are discussed in advance.

### *Is transportation provided by the hospital van?*

Unfortunately it is not. We will help you locate other members who may be willing to give you a ride or help you research public transportation.

### *Do I have to come to every meeting?*

You should plan to attend every meeting once you sign up for a session, with the understanding that some circumstances may interfere with regular attendance.

### *When and where are the meetings held?*

The meetings are held at the hospital every other Wednesday from 4:00 to 5:00 p.m., with a few exceptions to accommodate holidays and to be held the same day as our stroke support group. The meetings are set up in six-week sessions. Please contact us for the date of the next session.

### *Do I have to attend every session?*

No, you pick the session(s) you wish to attend. Once you are attending a session, you will tell the facilitator if you wish to attend the next session or not.

### *Can a family member, friend or caregiver join me?*

Yes. At some meetings, there will be a separate activity for them. Other times they may be asked to join the club activity or wait in the main lobby. We ask that they stay in the building during the session in case you are in need of assistance.

### *How do I join?*

Call the therapy secretary at 304 285-1042. You will be asked to provide your name, address, phone number and any other contact information. You will also need to provide the same information for anyone who will be accompanying you to the club meetings.