



Discussion/Interaction on Language Issues

Quick recap

The meeting began with technical discussions about Slack communication tools and introductions among team members, including plans for a post-meeting discussion on the "Young Stroke Group" channel. The main portion focused on Kimia's presentation about language and communication challenges after strokes, covering various speech disorders and treatment options, with several participants sharing their personal experiences. The conversation ended with discussions about future presentations, funding strategies, and plans to update member location data to focus on specific states where they have members.

Summary

Stroke Language Recovery Discussion

The meeting began with introductions and casual conversation among participants. Susan announced that after the meeting, there would be a 10-15 minute discussion on Slack under the "Young Stroke Group" channel for those who wanted to further discuss topics from the meeting. She also mentioned that Shin, who had difficulty speaking, should be able to read and participate in the Slack discussion. Susan then introduced the main topic of the meeting, which was language issues after a stroke, and explained that this would be a basic introduction, with more detailed information to be covered in three weeks when they discuss language plasticity. Kimia, who is in a 5-month precursor program to medical school, presented on language and communication after a stroke.



Stroke's Impact on Language and Communication

Kimia discussed the effects of stroke on language and communication, explaining how different areas of the brain are involved in speech production, understanding language, and communication. She highlighted that stroke survivors often experience difficulties with language comprehension, word retrieval, and articulation, with some using word banks or lists to aid communication. Kimia noted that while two-thirds of stroke survivors face communication challenges, many can improve with therapy. She also touched on auditory processing as a related issue.

Understanding Speech Communication Disorders

Kimia discussed three main communication disorders: aphasia, apraxia of speech, and dysarthria. She explained that aphasia affects language comprehension and production, while apraxia involves difficulty coordinating speech movements despite knowing what to say. Dysarthria, which Layli identified with, results from muscle weakness affecting speech clarity. Kimia noted that these disorders often coexist and can be treated with speech and language therapy.

Speech Therapy After Stroke Experiences

The group discussed experiences with speech therapy and communication challenges after strokes. Nicole shared her journey with speech difficulties, tracheostomy, and swallowing issues following a brain stem stroke, while Danielle highlighted the challenges of finding the right medical terminology to communicate with others. Kimia provided information on various treatments for aphasia, apraxia, and dysarthria, including rhythm therapy, motor planning exercises, and the use of assistive devices like picture boards and voice



amplifiers. She also shared a video about aphasia and emphasized the importance of patience and practice in improving communication skills.

Speech Challenges and Aphasia Discussion

The group discussed speech and communication challenges, with several members sharing experiences and techniques for improving speech muscles. Susan led a discussion about aphasia, apraxia, and dysarthria, with Kristi confirming she has aphasia that affects her ability to write numbers. The conversation ended with plans for future discussions, including a focus on planning physical aspects of trips and the future of the Young Stroke Group, with Kimia, Layli, and Beth invited to stay for additional planning.