



Activities that do not rely on speech

If your relative or friend has difficulty speaking, they are likely to find conversation tiring. It may be helpful to spend some time doing things together which do not require much speech. You may both be grateful to have the pressure taken off whilst still enjoying each other's company.

The following suggestions may not be suitable for everyone and some involve using more language than others. Similarly, if your relative or friend has difficulty moving their hand or leg following a stroke or head injury, some of these activities may need to be adapted or may not be possible. Different activities will be appropriate at different stages.

Remember, the effects of Aphasia can vary from day to day, often being worse on the days the person with Aphasia is tired, feeling unwell, anxious or upset.

Long term, you may find that your relative or friend will want to continue with his or her interests – doing the things they enjoyed before they developed Aphasia. They might also enjoy developing new interests which will not involve much talking. It may be possible to get help with transport, either financially or practically or pay concessionary rates.

THINGS TO DO IN HOSPITAL

- If your relative or friend has many visitors, make up a **Visitors Book** with them so that people can write messages saying they have been to visit. This helps everyone know who has visited and gives a basis for conversation.
- **Look at the hospital menu together** and help them to choose what they would like for their next meal.
- If they are able to leave the ward – perhaps in a wheelchair – you could **visit the hospital shops, sit in the garden or go out for a cup of coffee.**

GAMES

- **Do a crossword together.** Use simple and large print crosswords.
- **Play a simple card game together.** Use large cards and card holders. You may be able to get these from good quality toy shops or from your local 'Disability Living Centre'.
- **Play noughts and crosses, dominoes or Chinese chequers.** If your friend/relative likes cribbage they may still be able to play.

READING AND MUSIC

- **Read aloud** to your relative or friend or **listen to a talking book** together.
- **Go to the library** and choose books, audio tapes, CDs or DVDs together.
- **Listen to music** together.
- **Sing** together.

HEALTH AND BEAUTY

These activities can be very good for boosting morale:

- Give your relative or friend a **manicure** or **pedicure**. Help them to wash their hands or feet in warm, soapy water and then dry them. You can help them cut and / or paint their nails.
- **Massage their hands** using hand cream or perfumed oil. NB. some aromatherapy oils should not be applied directly to the skin so check the label carefully.
- Help your relative or friend to **put on make-up** or **shave**. You could also help them to put on perfume or aftershave.
- **Do their hair** or ask the hospital hairdresser to visit. There are hairdressers who will visit people at home.
- If there is an event such as a wedding or christening coming up, **help them to choose an outfit**.

SHOPPING

- **Look through a catalogue together** and choose things to buy.
- **Write a shopping list together** for your relative or friend to use or for someone else to get on their behalf.
- **Go window shopping together**.

HOBBIES AND INTERESTS

Many crafts such as knitting can be done **one-handed**. An occupational therapist can advise you on equipment to use.

- Join an **evening class** together such as **cooking, photography** or **film studies**.
- **Look at a magazine together**. This could be related to a particular interest such as gardening.
- **Draw or paint a picture**. You could do these together or set things up for your relative or friend to try.
- **Plant some seeds or plants together**, and then monitor how they grow.

OTHER ACTIVITIES

- If your relative or friend does not already have one, **make up a communication book together using photos, words or drawings**. They can use this to point things out if they cannot find the right word.
- **Look at photographs together**, especially pictures of friends and family, familiar places or places you have been on holiday.
- **Write Christmas or Birthday cards together** or cut up old cards to make gift tags. If your relative or friend cannot sign their name get an **ink stamp** made of their **signature**.
- **Go out for a pub lunch together**.

If your relative or friend has a religious faith, **say a prayer** and let them join in as much as they are able. You could ask someone from their religious community to visit e.g. a Priest or Rabbi.

ORGANISATIONS AND SOCIETIES

The organisations and societies listed below help disabled people to enjoy leisure activities, carry on a favourite hobby or take up a new interest.

British Disabled Angling Association

9 Yew Tree Road
Delves
Walsall
West Midlands WS5 4NQ
Tel: 01922 860912
www.bdaa.co.uk

Calibre: Cassette Library for the Blind and Handicapped

New Road
Weston Turville
Aylesbury
Bucks
HP22 5XQ
Tel: 01296 432339
www.calibre.org.uk

Gardening for Disabled Trust

PO Box 285
Tunbridge Wells
Kent
TN2 9JD
www.gardeningfordisabledtrust.org.uk

Thrive - gardening and horticulture for training, therapy and health

Geoffrey Udall Centre
Beech Hill
Reading RG7 2AST
Tel: 0118 988 5688
www.thrive.org.uk

Society of One-Armed Golfers

25 Malsters Close
Mudford
Thetford
Norfolk IB26 5HJ
Tel: 01842 878554
www.onearmgolf.org

The British Jigsaw Puzzle Library

Clarendon
Parsonage Road
Herne Bay
Kent CT6 5TA
Tel: 01227 742222
www.britishjigsawpuzzlelibrary.co.uk

National Music and Disability Information Service

7 Tavern Street
Stowmarket
Suffolk IP14 1PJ
Tel: 01449 673990
www.soundsense.org

Disabled Photographers' Society

PO Box 85
Longfield
Kent
DA3 9BA
www.disabledphotographers.co.uk

Listening Books

12 Lant Street
London
SE1 1QR
Tel: 020 7234 0522
www.listening-books.org.uk

National Association of Swimming Clubs for the Handicapped

The Willows
Mayles Lane
Wickham
Hampshire PO17 5ND
Tel: 01329 833 689
www.nasch.org.uk

The above list is a small selection of what is available. There is a growing awareness of the needs of people with disabilities and a growing number of activities – your local library may have a list of activities in your area.