

## **Advice to People with Aphasia**

Charlie and Mollie Middlebrook

1. Keep as positive as possible because it is very difficult. Keep going.
2. Keep trying as long as possible.
3. Believe you are capable. An obvious thing it is so difficult and yet you must work.
4. Keep working step-by-step forward. One might quit trying because it is so discouraging.
5. Do physical exercise. You will improve your overall health, including speech. And rest. Get plenty of rest.
6. In part, be useful to other people—including spouse and therapists. Let others help.
7. Get therapy from all people who know. Get therapy early and keep getting it even at home, too. Require people with aphasia to work hard.
8. It is so important to have people in your life that make you work. Without help from others, I wouldn't have gotten this far.
9. Turn this tragedy into an opportunity.