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# **Aphasia to Aphasia:** A Podcast for Empowerment

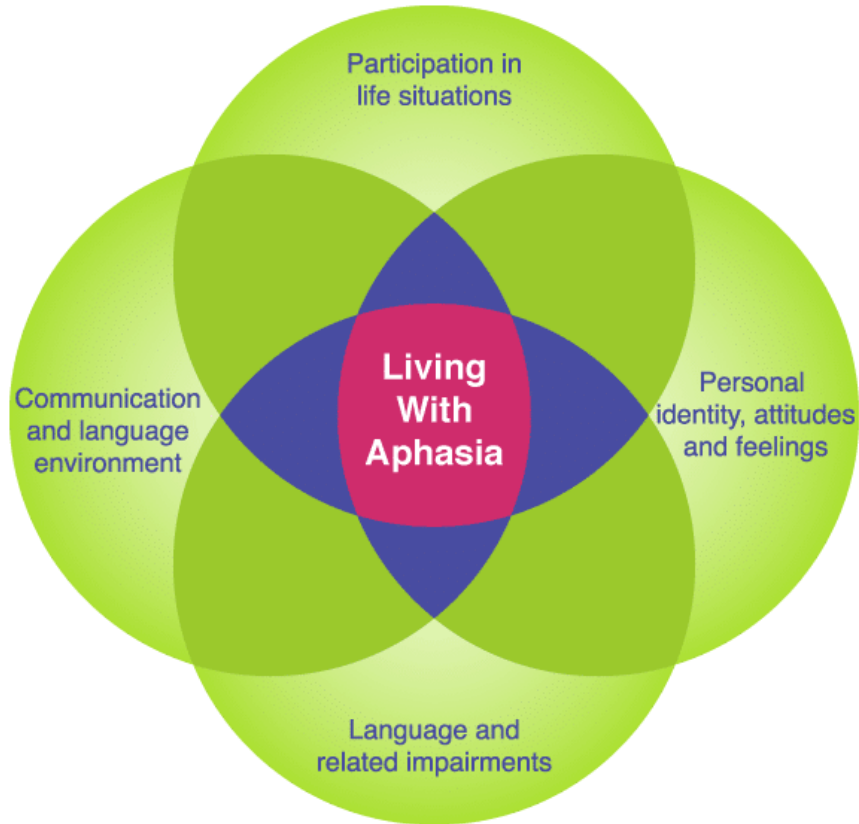


Bernadine Gagnon, M.S. CCC-SLP

Victoria Tilton-Bolowsky, Ph.D. CCC-SLP

Timothy Carosi

# What is the Life Participation Approach to Aphasia (LPAA)?



- ✓ Focuses on life satisfaction and meaningful engagement
- ✓ Encourages individualized, participation-focused interventions
- ✓ Aims to maximize communication, social inclusion, and advocacy

# Aphasia to Aphasia: A Podcast for Change

- ✓ Co-produced by people with aphasia at Teachers College
- ✓ Empowers participants and amplifies their voices
- ✓ Advocates for public awareness and social inclusion



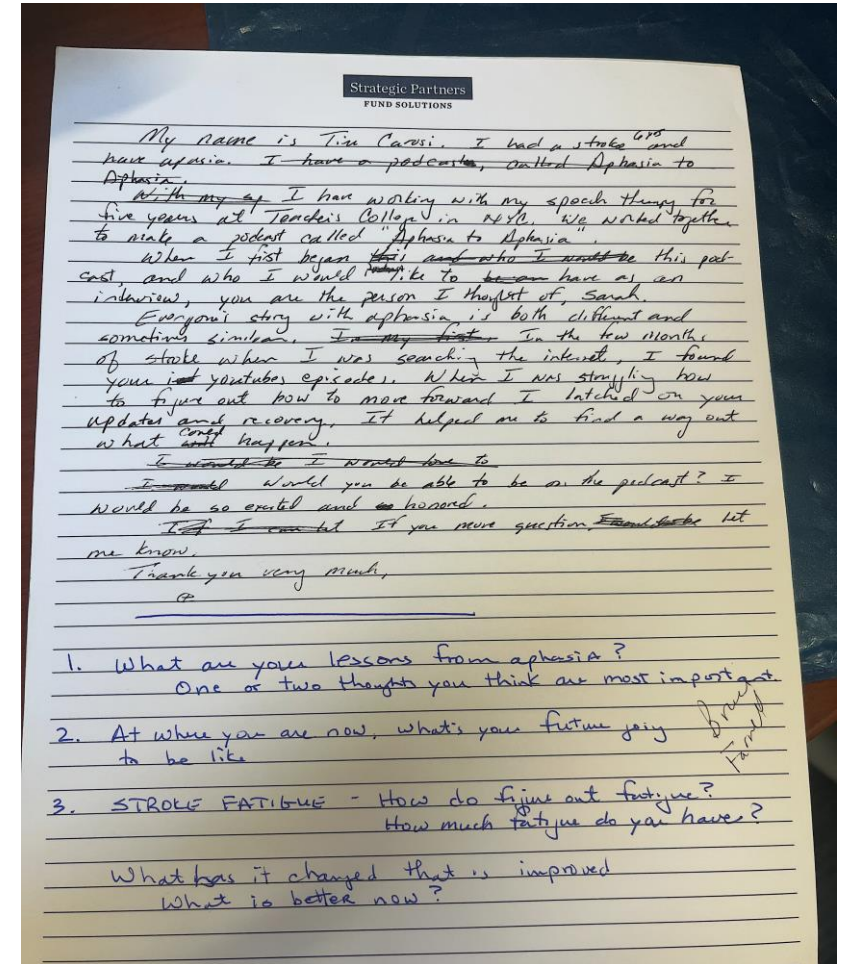
# Storytelling as Therapy and Advocacy

- ✓ Supports self-expression and identity reconstruction (Hinckley, 2006)
- ✓ Provides a platform for agency (Shadden & Hagstrom, 2007)
- ✓ Encourages confidence and communicative success



# Aphasia-friendly Podcasting Practices

- ✓ Collaborative planning and scripting
- ✓ Supported storytelling in a structured environment
- ✓ Emphasizes psychosocial well-being and inclusion



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1 My Experience Working on a Podcast in Therapy


2 How I introduce my guest Today's guest is

3 My Experience Working on a Podcast in Therapy

# My Experience Working on a Podcast in Therapy

Why I Work on a Podcast in Therapy:

- Helps me practice speaking
- Gives me confidence in conversations
- Improves my listening skills
- I get to share my story!



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Slide 1 of 3 English (United States) Accessibility: Investigate

Notes Comments

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Bernadine Gagnon

## 📌 What I have learned

- ✓ Speak more clearly
- ✓ Feel more confident
- ✓ Connect with others who have aphasia



# Impact of Aphasia to Aphasia

- ✓ Creates a digital archive of lived experiences
- ✓ Educates caregivers, clinicians, and the public
- ✓ Expands societal understanding of aphasia's impact

# Applying Podcasting in Aphasia Interventions

- ✓ Integrate podcasting into LPAA-aligned therapy
- ✓ Use storytelling for advocacy and empowerment
- ✓ Enhance visibility and agency for people with aphasia

Podcast themes:

1. Creativity
2. Show what someone with aphasia can do
3. *Daily life of someone with aphasia*
4. Care partner of someone with aphasia

## Introduction (5 min)

What is aphasia? Aphasia is the loss of language. There are many aspects of aphasia, for example it can affect your speech, writing, reading and auditory comprehension, and cognition. I had a stroke and learned that I too have aphasia, and I didn't really know what that was, and I expect a lot of people don't know either. This made me curious to learn more. So I decided to talk to people about aphasia to learn more about their individual experiences.

My name is Tim Carosi, I had a stroke on Christmas day 2018. Before I was a musician and worked in hospitality management. And then that all changed.

Today's guest is Avi Golden, who was an EMS Paramedic and has an organization called "NYC Outdoors Disability" which we are going to be talking today with the podcast. I met Avi five years ago at Teachers College Aphasia speech summer workshop. He gave his business card about Outdoors Disability and I was immediately curious. I have watched the amazing sports and outdoor activities he and other aphasia friends have done.

So please welcome, Avi Golden.

1. Intro: Who are you? What did you do before? What do you do now?

# Conclusion & Call to Action

- ✓ Podcasting is a powerful tool for communication and inclusion
- ✓ 'Aphasia to Aphasia' empowers participants and raises awareness
- ✓ Consider using podcasts in aphasia therapy to support confidence and advocacy

# Podcast Samples



## Contact Us

**Bernadine Gagnon** [brg15@tc.columbia.edu](mailto:brg15@tc.columbia.edu)  
**Victoria Tilton-Bolowsky** [veb2119@tc.columbia.edu](mailto:veb2119@tc.columbia.edu)  
**Tim Carosi** [timcarosi@gmail.com](mailto:timcarosi@gmail.com)

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