

# SCALE Aphasia Center Community Tenets

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### Learning Objectives

1. Describe ways individuals with aphasia in a community center support one another in adjusting to living with aphasia.
2. Describe how SCALE's Tenets can be personalized for stroke survivors who are not members of an aphasia center.
3. Describe methods for supporting individuals with aphasia in LPAA goal setting using the Tenets as a framework.

“The LPAA approach holds that it is essential to build protected communities within society where persons with aphasia are able not only to participate but are valued as participants” (LPAA Project Group, 1997).

### What is the Advocacy Class?

The Advocacy Class meets Tuesday morning. They work together to write personal stories to share with the community and students. They visit health fairs and events where they promote SCALE and educate about aphasia. Each semester, they help train students to modify their communication styles for working with people with a communication impairment.

### Why did we write Tenets?

The tenets are designed to:

- promote community building efforts that includes all members
- assist in educating the wider community about aphasia and stroke recovery
- provide a framework of recovery inspired by LPAA principles, written by stroke survivors for stroke survivors.

### How do we use the Tenets?

Tenets are used to:

- educate new members and families about the SCALE program
- give SCALE members ownership and accountability in their community
- help train students new to the LPAA approach

## Presenting SCALE Tenets to All SCALE Members

### 1. We are all unique.

- Everyone is different.
- Everyone's stroke is different.
- Everyone's recovery is different.



### 2. We help each other.



### 3. We support each other.



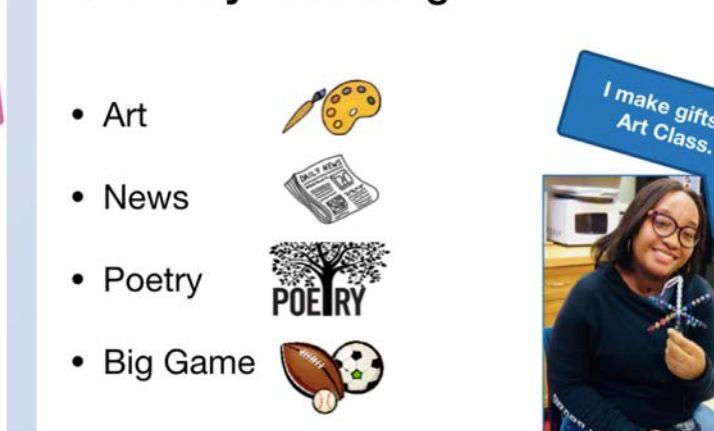
### 4. We seek out social support.



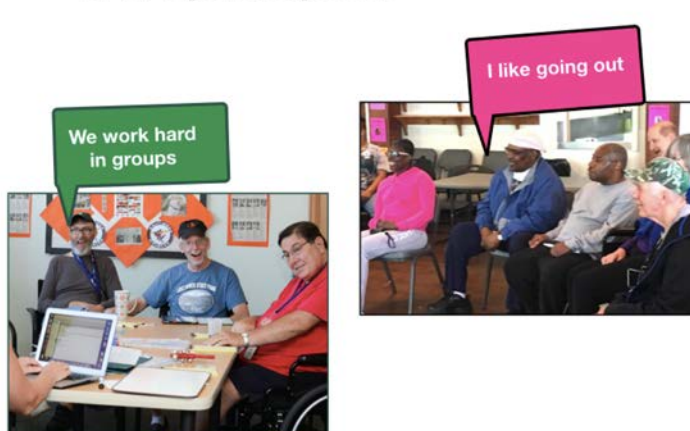
### 5. We make choices.



### 6. We try new things.



### 7. We participate.



### 8. We learn our strengths.



### 9. We educate others about aphasia.



### 10. We acknowledge our past- We own our present- We discover our future.



## SCALE Tenets: Written by the Advocacy Class

“I Take Ownership of My Recovery”

### My Story about the Tenets

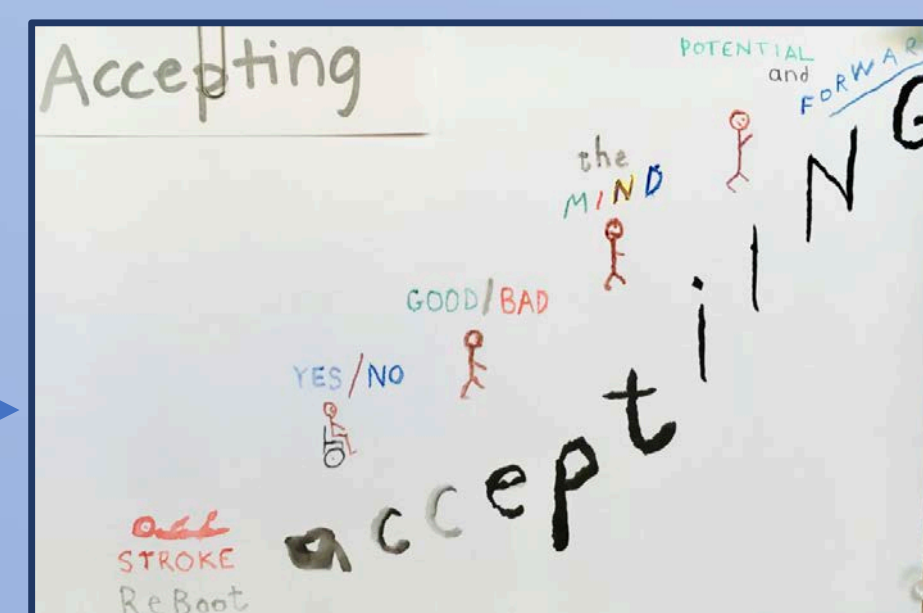
After outpatient speech therapy ended, I felt lost. Then I realized I needed to be the director of my life and it changed everything. I found ways to participate – SCALE, research studies, support groups.

### My Story about the Tenets

There is nothing better than being able to talk to someone who has been down a similar path.

### My Story about the Tenets

After I travel to other countries, I like to share my stories. I work with students and volunteers to create supports that help me meet my public speaking goals.



## Program Feedback Survey

### Included in the Program Feedback Survey:

- Communication Survey
  - My Aphasia
  - SCALE
  - Home
  - Community
- Annual Participation and Performance
- Goals
- Staff Discussion

### Materials Used:

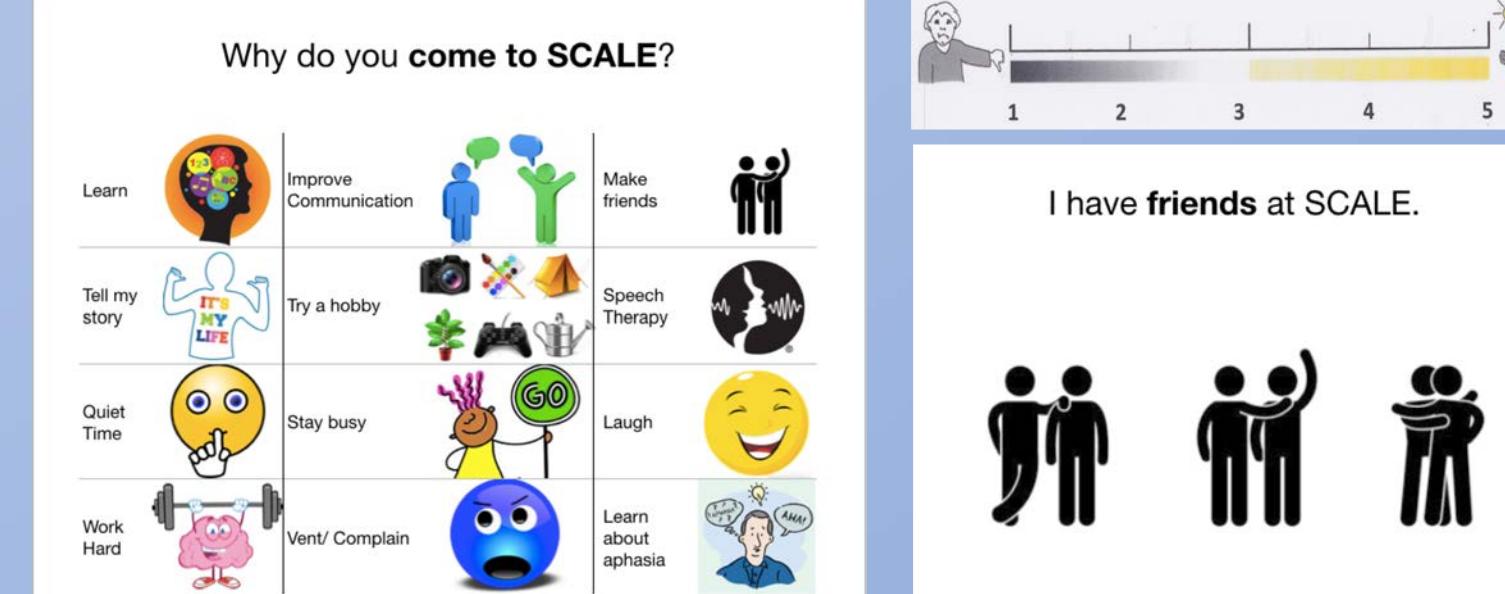
- Selected subtests from the Assessment for Living with Aphasia (ALA)
- Supports for discussing SCALE programming and staff
- Supports for discussing how SCALE classes address personal goals in other settings

### Member Feedback:

“If I didn't keep here, it'd be terrible.”  
 “I still got a lot of ways to go.”  
 “SCALE is compassion.”  
 “Well, I sure do try.”

### Member Goals:

- Increase independence managing finances
- Increase participation in Poetry class and study poetry at home
- Improve handwriting through Art Class and Writing Class
- Continue phone conversations with my daughter and visit her more often
- Present on a topic in Wellness Class
- Join the SCALE Advocacy Class to improve public speaking skills



Icon	Class name	SCALE Goals	Home/Community Goals
	Advocacy and Awareness	-Learn about aphasia -Help create/assemble materials to educate public -Plan, attend events to advocate and educate	-Increase community involvement -Help teach general public -Improve self confidence and self advocacy skills
	Apraxia	-Practice speech sounds through repetition -Learn about placement of tongue, lips, etc to make correct sounds	-People understand your speech -Improve confidence about speech clarity
	Art	-Expressive lang (request wants, needs, dislikes, etc) -Following steps	-Learn techniques, materials, etc -Create decoration, gift, etc -Improve confidence, creativity, self worth