

An asset-based approach for stroke survivors with aphasia and their families: promoting and sustaining wellbeing in the long-term

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Background

150,000 people have a stroke in the UK each year. Around 1/3 of these people will have aphasia.

What is aphasia?

Aphasia is a language impairment affecting one or more language modalities: speaking, understanding, reading or writing.

Aphasia affects a person's ability to communicate, their ability to participate in everyday activities and social life, and impacts on their quality of life and wellbeing.

Impact

People with aphasia and their family members have a higher incidence of:

- Depression
- Anxiety
- and a poorer quality of life.

They have increased contacts with health services, poorer prospects of recovery and adjustment to life after stroke.

What is an asset-based approach?

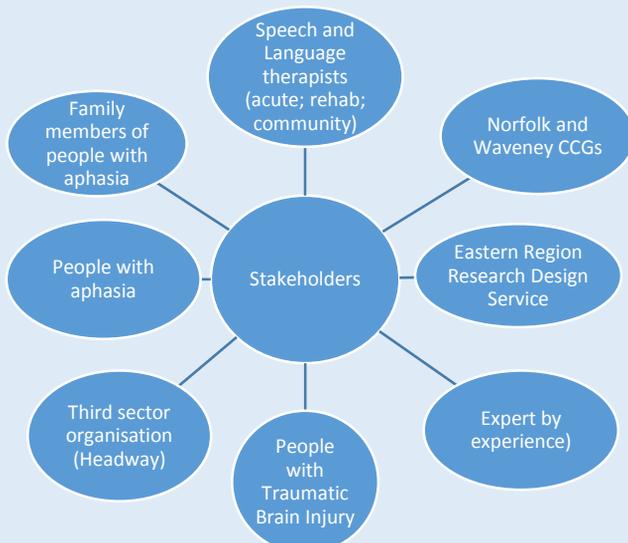
- Based on the theory of salutogenesis, an asset-based approach focuses on what makes and keeps you well and has the potential to provide coherent strategies for people with aphasia and their families to live well and successfully with aphasia
- An asset-based approach has the potential to address the need for greater post-hospital support for stroke survivors generally
- A previous international exploratory study established that asset-based approaches were feasible when working with people with aphasia and their family members.

Aims

- To investigate how asset-based approaches have been used, across a range of disciplines
- To investigate how an asset-based approach could be incorporated and operationalised across the stroke pathway.

Methods

- A scoping review of the current literature
- Consultation with a range of stakeholders, from across the stroke pathway:



Findings

- An asset-based approach has been applied across disciplines, with positive outcomes
- An asset-based approach has the potential to benefit people with aphasia and family members
- Early implementation is key and it should be incorporated at all points along the stroke pathway
- Should align with current service user and carer strategies and link to established systems.

The current stroke pathway needs to be adapted:

- Focus on the whole person, rather than parts
- Focus on on maintaining and sustaining well-being; preventative perspective, rather than their deficits and needs
- Acknowledge the long-term impact of aphasia.

Reframing thinking, goals and routine practice are essential components of the process, to facilitate change.

This approach has the potential to engender and sustain well-being in people with aphasia and family members.