

## Facts About Aphasia

- > Aphasia is an acquired communication disorder that impairs a person's ability to process language, but does not affect intelligence.
- > Aphasia impairs the ability to speak and understand others, and most people with aphasia experience difficulty reading and writing.
- > The most common cause of aphasia is stroke. It can also result from head injury, brain tumor or other neurological causes.
- > Aphasia affects between 2 and 3 million Americans and is more common than Parkinson's Disease, Cerebral Palsy or Muscular Dystrophy.
- > While aphasia is most common among older people, it can occur in people of all ages, races, nationalities and gender.



There is nothing so precious as the ability to understand and be understood.

## Our Mission

The Houston Aphasia Recovery Center (HARC) provides a wellness program, education, advocacy and resources for people with aphasia, their caregivers, and the greater Houston medical community, creating a safe haven where participants come for therapeutic socialization and long-term recovery.

## Our Vision

The Houston Aphasia Recovery Center (HARC) is the premiere resource in Houston for those whose lives are affected by aphasia and for the medical community. Participants and caregivers come to HARC for supported communication, recreation, and camaraderie to fully participate in life. At HARC we dedicate ourselves to generating awareness and support, facilitating research, and fostering wellness and recovery in a life-affirming environment.



Houston  
Aphasia  
Recovery  
Center

### Houston Aphasia Recovery Center

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support

wellness

awareness

language

research

HARC

Houston  
Aphasia  
Recovery  
Center

advocacy

education



friendship

# How to Participate

Participation is easy.

## Step 1:

To speak with our staff and set up a tour of our facility, call **713-781-7100**. Once the Speech-Language Pathologist has completed the screening process, we will contact you to set up an appointment for our Introductory Program. The Introductory Program includes an assessment of communication and language skills and training for new members and their caregivers in Supported Communication techniques. This is a prerequisite to becoming a HARC member.

## Step 2

A Speech-Language Pathologist will recommend which programs will be most beneficial for you to attend when you come to HARC. You may choose your days and times to participate within the recommended program schedule. Participants can come for the entire program day or part of the day, whichever is most convenient for you.

## Participation Costs

HARC provides a sliding fee scale to ensure that those who wish to participate are not deterred by financial limitations.

### Aphasia —

a condition caused by injury to the brain that impairs the ability to speak or understand others.

## Hours:

### Community Room & Computer Lab

Program days: Tuesday, Wednesday and Thursday from 9:30 am to 2:30 pm

Morning groups: 10:00 – 11:00 am & 11:00 am – 12:00 pm

Lunch break: 12:00 pm – 1:00 pm

Afternoon groups: 1:00 – 2:00 pm

### Introductory Program, Caregiver Training and Volunteer Training

Mondays and Thursdays by appointment only.

### Caregiver Program

Our caregiver program meets bimonthly at HARC during program hours.

# How to Volunteer

Our volunteer training program ensures that all volunteers are sufficiently trained on how to use the techniques of **Supported Communication**. Each volunteer selects the task that best suits his or her interests and is placed accordingly. Because HARC is primarily supported by volunteers, there are many levels for participation. Some require more advanced training, but all are rewarding.

## Here are some of the options:

- > Group Facilitators
- > Communication Assistant (Advanced)
- > Greeters/Community Room Assistants
- > Office Assistants
- > Computer Lab Assistants
- > Introductory Program/Training Assistant

To volunteer, call HARC at **713-781-7100** and speak with our volunteer coordinator to set up an initial appointment.

# Our Programs

**Supported Communication** is a set of techniques that includes spoken and written keywords, gestures and body language, and hand drawings and pictographs designed to support conversation on a range of topics. It allows people with aphasia to engage in conversation with a partner, and it assists with accurate exchange of information, opinions and feelings.

**Conversation Group:** Participants with aphasia discuss current events and practice use of communication strategies during various activities within a safe supported environment.

**Music Group:** In this group music is used to facilitate communication and language through a variety of activities.

**Art Expression:** Various forms of artistic expression are employed to create projects that expand thoughts and feelings through different art media.

**Exercise:** Participants engage in total body exercise, endurance and strengthening specific to their needs with a licensed professional.

**Book Club:** Popular novels and articles are read in an aphasia-friendly group that utilizes worksheets and activities to guide a lively discussion.

**Writing Workshop:** Participants practice writing skills while sharing ideas and providing peer feedback.

**Computer Lab:** With multiple computers our volunteers assist participants in accessing the internet and email. Software designed to facilitate language practice is available.

**Newsletter:** Participants create and organize the quarterly newsletter for the HARC website.

**Aphasia Community Taskforce (ACT):** Participants who are passionate about educating and spreading awareness about aphasia in the community work together to achieve this goal.

Groups vary on a semester basis as participants' needs and interests warrant.