



neuro-support, for life

Integrated Neurological Services

82 Hampton Road, Twickenham TW2 5QS

T 020 8755 4000 F 020 8755 4003

E admin@ins.org.uk W www.ins.org.uk

Young Persons' Aphasia Project

Emma Gale, Speech and Language Therapist, INS

Dr Richard Jefferson, Occupational Therapist, INS

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What is INS?

- We are a **charity**.
- We provide **support for people with neurological conditions**
- We cover the boroughs of **Richmond and Hounslow** in London.



We run **therapy and social groups** for people with neurological conditions, including stroke.



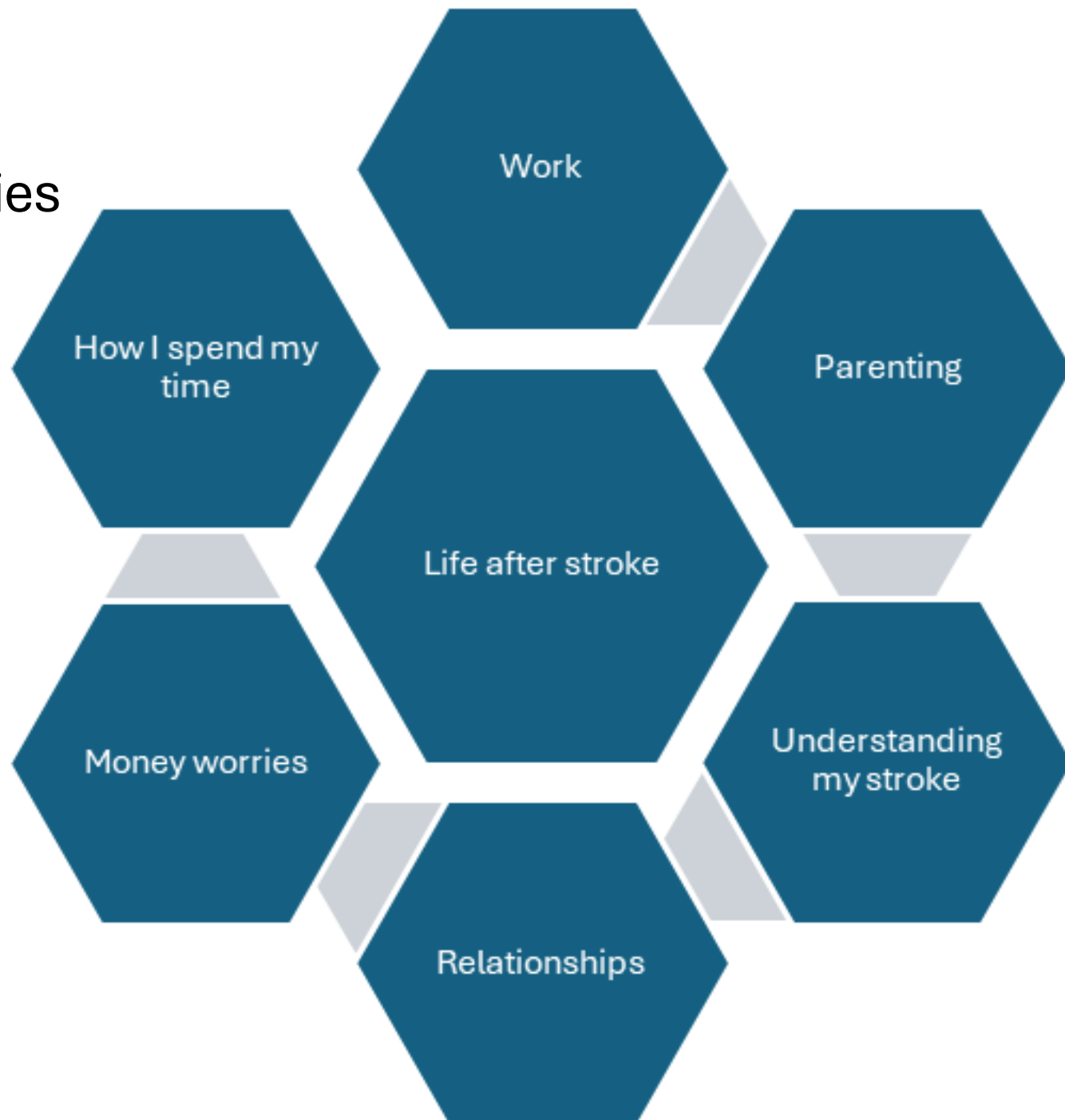
These include **communication groups** for people with **aphasia**



Younger people with aphasia

- Most people we see with stroke are **older (65+)**.
- **BUT** we do have a growing number of **young people (18 – 60 years)**, who are looking for support.
- **Most stroke and aphasia services** are set up for people who are **older**.
- **Younger people** with aphasia can feel **isolated**.

Younger people with aphasia
have different needs and worries



Our project

- 8 sessions. Each session 1.5 hours
- 12 participants Age range: 30 – 59 9 men, 3 women
- 9 participants have school age children
- 7 in relationship with a partner; 5 single
- Employment: 1 in employment, 3 interested in return to employment
- 2 living alone; 7 living with partner and/or children; 3 living with parents



Group Focus



Peer Support



Sharing Ideas



Social Interaction



Raising Awareness

How did we do it?

- Group discussions
- Sometimes we split into 2 smaller groups
- We used lots of pictures and written resources
- We loved looking at 3D models of the brain!



Feedback: 2 key questions

- How much did you **learn about stroke and aphasia** in the group?
- How **useful was it to meet other younger people** with stroke and aphasia?

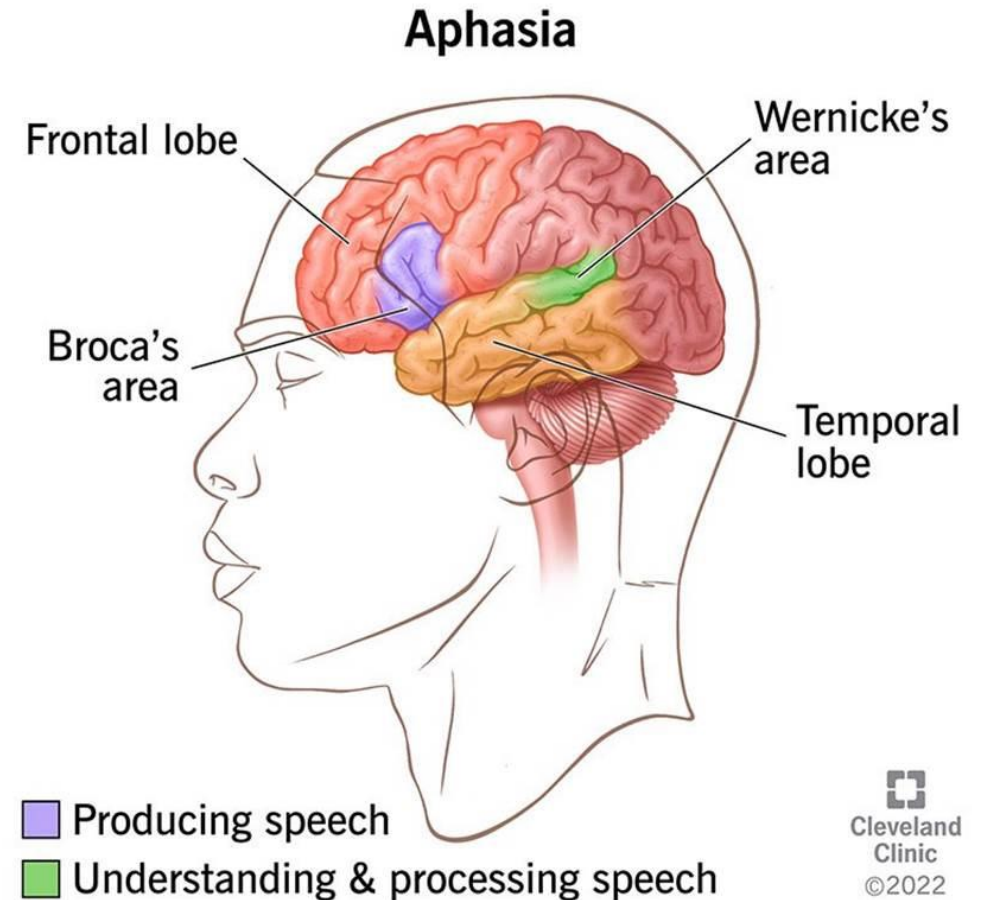
How much did you learn about stroke and aphasia in the group?

- Average score **8.8/10**

‘I learnt new information’

‘Thumbs up’

‘Much more to learn’



How useful was it to meet other younger people with stroke and aphasia?

Average score **9.6/10**

‘Plenty of stories’

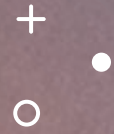
‘Different opinions’

‘A lot. Because interesting, learned about a lot’,



+
o • One theme kept
coming up again
and again....

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...Aphasia Awareness!



Lack of awareness of aphasia

- **Not enough information:**

people with aphasia did not feel their aphasia had been explained to them

- **Medical staff did not understand:**

They did not feel medical staff fully understood their aphasia

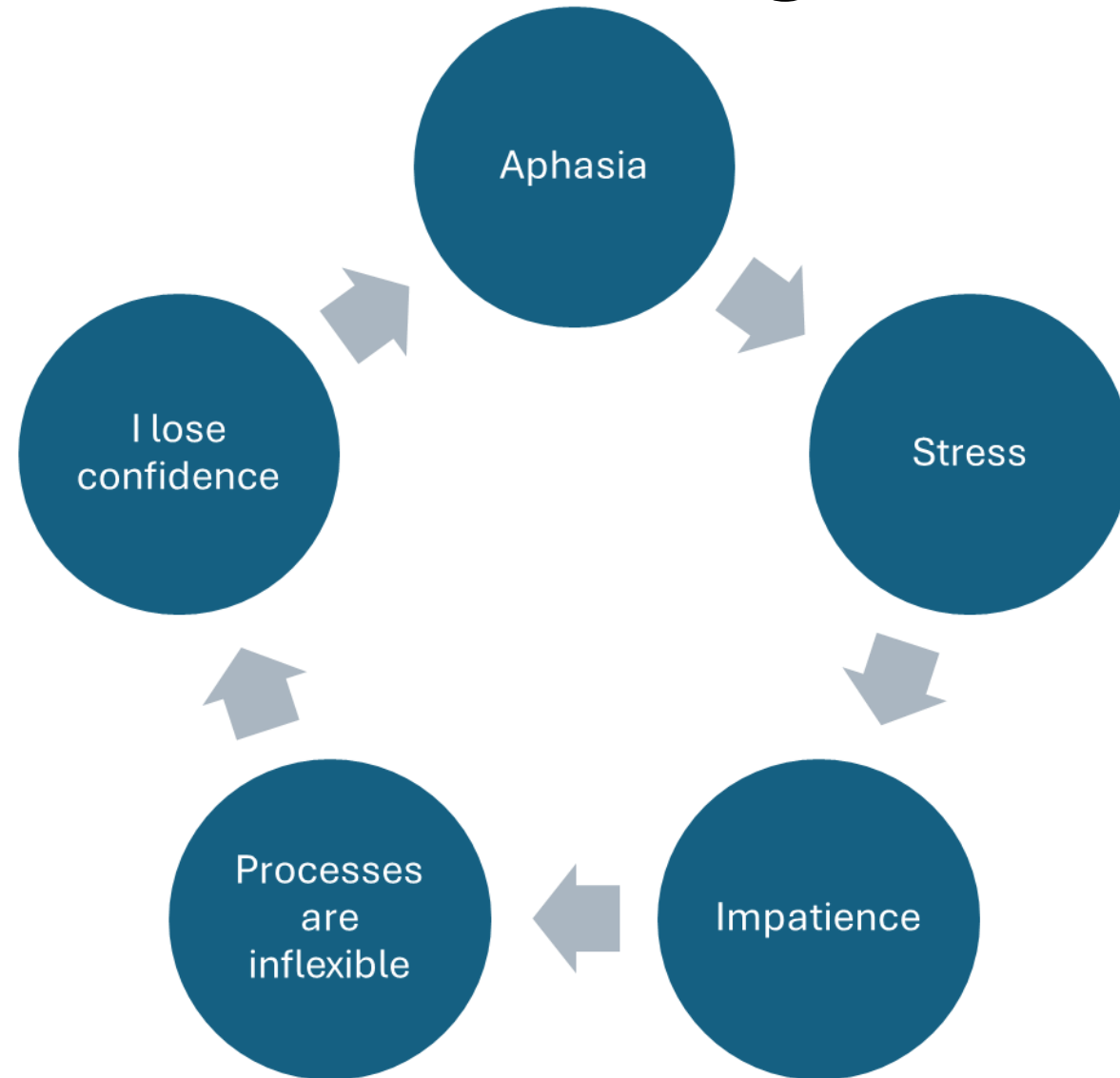
- **Family and friends do not understand**

They felt family and friends did not really understand how to help

- **Society makes life harder**

They felt that society (DWP, GP surgery, shops, hospitals etc) make it more difficult for people with aphasia

Aphasia awareness makes a big difference!



What do we
want people
to know?



TO DO LIST

DATE

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www.typecalendar.com

Future plans: What did group members want?

4/5 a regular ongoing group

3/5 occasional meet-ups

4/5 to make a resource to educate people about aphasia

3/5 support around getting back to work

Plans for the Future 1: a Video

- One group member is a film maker
- He would like to make a short film about aphasia
- Other group members would like to help him
- We are planning to make the video later this year



Plans for the Future

2: Return to Work

- Several people were interested in work
- Some want to go back to a **job**.
- Some would like **voluntary work**
- INS will run a '**Vocational Marketplace**' event in the autumn
- Services who **help people with disabilities to get back to work** will be there



Future Plans 3: More groups?

- Several people wanted to attend **another group**
- Some have started attending the **weekly aphasia groups at INS**
- INS is starting a **pilot group** for **people with severe aphasia** who do not speak at all
- We are **looking for funding** in order to run more groups!

