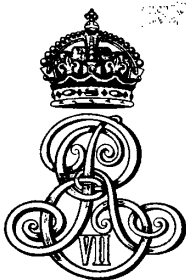


***LEARNING
TO SPEAK AGAIN
.... after a Stroke***

Charles R Isted CEng MIEE

**POND FOND BOND BLONDE RUSH BRUSH CRUSH
HUSH BANK THANK RANK SANK CRACK BACK HACK
SLACK LOOK NOOK COOK BOOK BROOK HOOD
STOOD WOOD BROOD GOOD SAKE TAKE MAKE BAKE
CAKE HUNT COUNT DON'T GRUNT GOLD FOLD SOLD
TOLD TEACH PEACH REACH PICTURE PITCHER
TEACHER VICAR BEAD SEED TWEED LEAD WEED**



King Edward's Hospital Fund for London

Patron Her Majesty The Queen

Governors HRH Princess Alexandra,
The Hon Mrs Angus Ogilvy GCVO,
Sir Andrew H Carnwath KCVO DL
Lord Cottesloe GBE TD

Treasurer R J Dent

Chairman of the Management Committee Lord Hayter KCVO CBE

Secretary G A Phalp CBE TD

King Edward's Hospital Fund for London is an independent charity founded in 1897 and incorporated by Act of Parliament. It seeks to encourage good practice and innovation in health care through research, experiment, education and direct grants. For information, write to the Secretary, King Edward's Hospital Fund for London, 14 Palace Court W2 4HT.

KING'S FUND CENTRE LIBRARY
126 ALBERT STREET LONDON NW1 7NF

ACCESSION NO.

16739

CLASS MARK

1CPD

DATE OF RECEIPT

19 MAR 1979

PRICE

DONATION

151

Learning to Speak Again After a Stroke

by

Charles R Isted CEng MIEE

Foreword by

Denis Williams CBE MD FRCP

King Edward's Hospital Fund for London

© King Edward's Hospital Fund for London 1979

Printed by R Wade Graphics Ltd

ISBN 0 900889 75 6

Distributed for the King's Fund by
Pitman Medical Publishing Co Ltd

King's Fund Publishing Office
126 Albert Street, London NW1 7NF

King

Patron

Govern

Treasu

Chairm

Secret

King E
charity
It seek
through
inform
for Lon

KING'S
126 ALB

ACCESSION I

167

DATE OF REC

19 MAR

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means — electronic, mechanical, photocopying, recording or otherwise — without permission of the publisher.



1929933866

Foreword

About all you do after a stroke is to try your best to get better. This is more important than anything else, but it is so hard to do that it needs the help of everyone, friends and family, as well as the therapists and doctors.

When speech is affected by the stroke this is especially so, and it is here that Mr Isted's book will prove to be of such practical value. For he is an intelligent, educated man living in a robust home and he had the determination to overcome his disability. These are attributes essential to recovery. To try and try again, not to be defeated in spirit or in will; but this needs all the help possible, in skill, in understanding, and in participation.

All this comes out from his own experience in Mr Isted's book. He rightly emphasises his need for family conversation, which is even more important every day, than is formal speech therapy in making the brain re-learn the incredible skill which we call speech. Speech therapy supplements the values of family conversation but cannot replace it. The therapist can talk, it is the patient who cannot, after all. What the therapist does is to guide the patient in trying to do so.



King I

Patron

Govern

Treasu

Chairm

Secreta

King E
charity
It seeks
through
informa
for Lor

Mr Isted was not defeated in spirit and in this he gained much strength from the hopeful, forward looking attitude of his family and friends.

He tells you here, clearly and calmly how he did it, and his experience will help you to do the same.

DW
1979

KING'S
126 ALB

ACCESSION I

167

DATE OF REC

19 MAR

Acknowledgments

I would like to dedicate this book to my wife Elsie for her love, kindness and tolerance throughout my illness: also to Juliet Glover, head speech therapist at St Bartholomew's Hospital, for her kindness, tolerance, encouragement and help in the preparation of this book.

CRI



King I

Patron

Govern

Treasu

Chairm

Secreta

King E
charity
It seeks
through
informa
for Lon

KING'S
126 ALBI

ACCESSION N

167.

DATE OF REC

19 MAR

Contents

Onset	5
Confusion	8
General Advice for Family and Friends	10
Advice for the Patient	13
Relaxation	17
Word Finding	19
Memory for Words and Other Things	21
Concentration and Comprehension	23
Conversation	25
General Thoughts on Some Problems	28
Progress and Coming to Terms	
with a New Self	31
Melodic Intonation Therapy	34
Aids to Learning to Speak	36
Returning to Work	38
Exercises	41
Answers	61



King I

Patron

Govern

Treasu

Chairm

Secreta

King E
charity
It seeks
through
informa
for Lon

KING'S
126 ALBI

ACCESSION N

167.

DATE OF REC

19 MAR

Onset

It was early one February. There was a rail strike at the time and trains were not running to schedule. As I approached my local station a train arrived which I ran to catch. I noticed, as I approached the City, that my newspaper's print confused me, the words did not link sensibly and I felt unwell. By the time I reached the office I realised something was seriously wrong. My right arm and leg became partially paralysed and when examined in hospital a little while later, inpatient admission was arranged. I had suffered a stroke. I found myself thinking clearly enough but deprived of the abilities to speak and to write. The frustration was intense and often overwhelming. Confusion, fear, anxiety; I experienced all of these as my speech became involved and deteriorated almost completely. I could not write my own name nor letters of the alphabet. Words still meant something however, and reading the newspaper was attempted with some degree of success. This provided some reassurance.

The nurses were kind and encouraging helpers. When the tea trolley was brought along, I recall their patience as I struggled with my choice of tea or coffee. A gesture or shake of the head was not



King l

Patron

Govern

Treasu

Chairm

Secreta

King E
charity
It seek
through
informe
for Lon

KING'S
126 ALB

ACCESSION N

167

DATE OF REC

19 MAR

acceptable in response. Only a spoken request would suffice.

I knew depression during this period. The bottom seemed to have fallen out of my world.

Fellow patients were supportive; listening and encouraging my speaking efforts. The speech therapist visited frequently with explanations and advice for me and telling those around how they could best help.

Three weeks later, when I left hospital for home, I could say a few words, preciously regained. It was after this real progress began. There was a five-week break before I could attend my local hospital for speech therapy. During this time, with the help and support of my wife and family, I began the process of retraining my communication skills.

I felt the need to tell my story following a particular incident which occurred one day when attending the speech therapy clinic. I was asked to meet and help a new stroke patient on her first visit there. My similar condition and experience, together with the evidence of my improvement, proved enormously reassuring for her. I realised then the value of trying to relate my story in writing for other patients and their families.



King

Patron

Govern

Treasu

Chairm

Secretu

King E
charity
It seek
through
informa
for Lon

KING'S
126 ALB

ACCESSION I

167

DATE OF REC

19 MAR

My speech therapist greeted the idea with enthusiasm and the following very personal account of my experiences was born. It is hoped that it will be proved as useful to others as it did on that one occasion which inspired it.

It has been known by the medical profession, that less than half of the patients who suffer a stroke are afflicted with a speech difficulty. Therefore, with courage, perseverance and lots of practice a better life can be achieved.

Practice Words

fol-low-ing

con-fus-ion

sym-pa-thet-ic

es-sen-tial

an-xi-e-ty

pro-por-tion

pro-tec-ting

re-hab-i-li-ta-tion

ra-pid-ly

con-ver-sa-tion

oc-cas-ion-al-ly

list-en-ing

fav-our-ite

King

Patron

Govern

Treas

Chair

Secret

King E
charity
It seek
through
informa
for Lon

KING'S
126 ALB

ACCESSION N

167

DATE OF REC

19 MAR

Confusion

Initially, following a stroke, confusion prevails. The normal activity of the brain is disturbed. Time is needed for this to settle and some order to return. Rest, quiet surroundings and sympathetic people are essential ingredients. Confusion causes anxiety and all problems are then quickly out of proportion. A routine of regular sleep and rest periods during the day can do much to lessen these effects, and this helps you to cope. The family can help here, protecting you from an excess of stress and strain during the early stages of rehabilitation.

Noise can be a cause of distress. The brain may over-react to a tap dripping, children shouting, a loud radio, television and record player. What annoyed you before your stroke can now prove intensely irritating.

People talking rapidly, too loudly, and more than one at a time, can make it difficult to sort out the message and to concentrate on this, to the exclusion of the rest. Quiet relaxed surroundings and gentle conversation with one friend may be best at first. In a small group, sit back and enjoy the company, joining in occasionally if you can.

If listening to music was a favourite pastime, then



Practice Words

King

Patron

Govern

Treasurer

Chairman

Secretary

King
charity
It seek
through
inform
for Loi

hos-pit-al

li-bra-ry

cor-ri-dor

di-rec-tion

il-lus-tra-ted

slip-pers

bat-ter-ies

KING'S
126 ALE

ACCESSION

167

DATE OF RE

19 MAR

make full use of it now, to encourage relaxation and peace of mind.

Trying to find my way around the hospital will remain vividly in my mind. When lost, I could not ask my way back to the ward. Following a visit to the library one day, I set off to locate my ward. After several trips up and down the stairs and in the lift, I recognised a familiar chip in the plaster of the corridor wall, at the end of which lay my ward. Success — I was home at last, but no, something was wrong. I had turned into the ladies' ward by mistake. I was quickly dispatched across the corridor to the male side!

Early difficulties with direction are further illustrated by my difficulty in sorting out right from left when putting on my slippers. I was always getting them on the wrong feet. A similar problem arose when I found I had put new batteries into my portable shaver the wrong way round.



King

Patron

Govern

Treasurer

Chairman

Secretary

King I
charity
It seek
throug
inform
for Lo

Practice Words

mo-ti-va-tion

cle-ar-ly

sit-u-a-tion

com-mun-i-ca-tion

re-pet-i-tion

re-spon-sive

un-com-pli-ca-ted

fluc-tu-a-ting

phys-i-o-log-i-cal

co-op-er-a-tion

strug-gl-ing

ag-gra-va-tion

in-div-id-u-al

str-uc-tur-ed

dig-ni-ty

KING'S
126 ALE

ACCESSION

167

DATE OF RE

19 MAR

General Advice for Family and Friends

The family and friends of a stroke patient can provide a lot of help and encourage the necessary motivation for speech recovery.

Speaking to the patient clearly and slowly, in a normal friendly voice, creates a relaxed situation for communication. It may be useful to say only a small amount at a time, thus giving the patient time to respond. Repetition may reinforce your message and ensure full understanding. You will quickly become responsive to a patient's needs in this way. Do not speak over-loudly or shout, for this would create unwelcome tension and a sense of failure. Speak in an uncomplicated, straightforward manner, as if you expect to be understood. At the same time, remember that the patient with a language problem can have a fluctuating level of understanding, depending on the stroke damage itself and on physiological well-being. Depression, anxiety, fatigue and headache may prevent full cooperation. It is tempting to answer for the patient when he is struggling with a response, but this can cause great aggravation and in most instances is best avoided. It is vital not to 'talk down' to the speech-impaired individual, although it is helpful to keep conversation simply structured. At all times, preserve the dignity of the



King

Patron

Govern

Treas

Chair

Secret

King
charity
It seek
throug
inform
for Lo

Practice Words

con-tri-bu-ting

fr-us-tra-tion

in-clu-ding

poss-i-ble

ex-ces-sive-ly

in-stinc-tive

tel-e-vis-ion

pho-to-graph

re-mem-ber-ing

ex-per-i-en-ces

nec-es-sary

en-er-gy

in-ter-pret

ir-rit-able

re-la-tion-ship

KING'S
126 ALE

ACCESSION

167

DATE OF RE

19 MAR

patient as a human being and contributing member of the family.

The patient may have full understanding of the spoken word although expressive speech is absent or seriously impaired. In this instance, it is vital to avoid the tension and frustration which may occur when talking about the patient in his presence, without including him.

Encourage the use of gesture to aid communication, and the use of a pen if possible, in drawing and writing. Do not patronise or praise excessively, just relax and trust your instinctive responses to the patient's efforts. Say that it will come in time and appear patient. Be cheerful in your approach. Talk and read to the patient, watch television together, listen to the radio, share family photograph albums, pictures in magazines and encourage spoken responses. Give help in remembering names and places and shared experiences. Gradually visit old friends and well loved places, encouraging previous interests, as soon as the patient has the necessary energy. Above all, be natural with the stroke patient.

As a listener, one can become tense in the effort to interpret the patient's speech attempts. This tension can communicate itself to you, make you feel irritable and create difficulties in your relationship. It helps to be aware of this normal reaction. For



Practice Words

King

Patron

Govern

Treasurer

Chain

Secret

King
charity
It seeks
through
inform
for Lo

sev-er-al

stim-u-la-tion

fam-i-ly

re-gu-lar-ly

ad-mit-ted

in-cen-tive

pre-ci-ous

KING'S
126 ALI

ACCESSION

167

DATE OF RE

19 MAR

this reason, it is ideal if several people can share the task of stimulation and speech exercises with the patient.

A family friend visited me regularly. He has admitted that he found it frustrating to listen to my attempts at conversation. However, the slightest progress gave him encouragement and the incentive for his continued support.

It is important that members of the family, and in particular the spouse, should maintain precious interests and routines of activity, to reduce the strain of constant involvement with the stroke patient.

Practice Words

per-sev-ere

suc-cess-es

phil-o-soph-i-cal

be-gin-nings

pr-ac-tis-ing

eas-i-er

app-ro-pri-ate

King

Patron

Governor

Treasurer

Chairman

Secretary

King I
charity
It seeks
through
inform
for Lo

KING'S
126 ALI

ACCESSION

167

DATE OF RE

19 MAR

Advice for the Patient

It is my hope that this little book will encourage you to help yourself as much as possible. If you persevere, family and friends will respond with support. If you adopt the motto 'if at first you don't succeed, try, try and try again', some successes will be yours. However, this is not likely to work all of the time; so be philosophical, take a break and relax before trying something new.

Much may be achieved from small beginnings. At an early stage, you should concentrate on practising simple words which help you to communicate. Make sure you use these to the full. The following samples of serial speech and familiar words and phrases may be useful. If not, they may well become easier to say with practice and use in appropriate situations.

COUNTING 1-10

1 2 3 4 5

DAYS OF THE WEEK

Monday Tuesday

MONTHS OF THE YEAR

January February March

THE ALPHABET

A B C D



Practice Words

King

spontan-e-ous-ly

Patron

ag-i-ta-ted

Govern

in-ten-ded

ad-di-tion

Treasurer

se-quen-ces

Chairman

re-spon-ses

Secretary

for-mu-la-tion

King
charity
It seeks
through
inform
for Lo

KING'S
126 ALB

ACCESSION

167

DATE OF RE

19 MAR

NO	HELLO	COFFEE
MILK	YES	BYE BYE
CHEERIO	TEA	PLEASE
YOUR NAME	GOOD	BAD
FAMILY NAMES		TIRED
HOT		FRIENDS' NAMES
GOOD MORNING		WARM
THANK YOU VERY MUCH		GOOD NIGHT
COLD		THANK YOU
HOW ARE YOU?		

Some words may come spontaneously, others may be in response to questions or to being given a choice of food or drink. This is all real life language and good for your progress. If you make the wrong choice at first, saying 'tea' instead of 'coffee', for example, do not become agitated, just indicate that you did not intend this, pause and attempt your response again. For instance, I used to say 'good morning' when I intended 'good night', and in addition it was difficult to form sequences of sounds. Specific responses and answers to questions are likely to be more difficult, and perhaps the formulation of the sounds within these responses.

They require not only the recall of the right response but the need to make the right words to give the answers.



King

Patrol

Gover

Treas

Chair

Secret

King
charity
It seek
throug
inform
for Lo

Practice Words

tel-e-phone

par-tic-u-lar-ly

tra-vel-ling

in-di-ca-tion

des-ti-na-tion

in-se-cur-i-ties

pro-tec-tive

en-vi-ron-ment

ever-y-bod-y

per-sis-tent

il-lus-trates

e-mer-gen-cy

el-der-ly

KING'S
126 ALB

ACCESSION

167

DATE OF RE

19 MAR

Keep a postcard in your pocket or handbag with your name, address and telephone number. This makes for an important sense of added security when you are out of hospital. It may be particularly useful to carry a pencil and paper and, if travelling, to have written indication of your destination in case of queries.

Insecurities are heightened when leaving the protective hospital environment. You may well feel like avoiding everybody. Answering the front door could cause great apprehension, and it may be best not to do so at first, in case it is a persistent salesman. Answering the telephone can be a big problem too. It was some time before I would attempt either when on my own. The following incident, however, illustrates what can be achieved in an emergency.

One day I was alone in the house and I heard someone knocking on the door and saying 'Help me! Help me!' I opened the door to find an elderly lady with blood on her face. She had fallen, breaking her glasses, which had cut her forehead. I took her into the house to sit down. She told me that she had left her handbag and the broken glasses on the pavement; these I retrieved for her. Then I took a look at the cut on her forehead and decided she had better go to the hospital. I slowly explained that I had speech difficulty and I would try to telephone for the ambulance. I had not used



King

Patron

Governor

Treasurer

Chairman

Secretary

King
charity
It seeks
through
inform
for Lo

Practice Words

op-er-a-tor

as-sis-tant

ap-pre-ci-a-tive

sub-se-quent-ly

in-ci-dent

con-cen-tra-tion

e-mer-gen-cy

sur-pri-sing

sa-tis-fy-ing

KING'S
126 ALE

ACCESSION

167

DATE OF RE

19 MAR

the telephone since my stroke. I explained to the operator that if she was patient I would tell her what I wanted. She listened to me, and I managed to ask for the ambulance. It was soon on its way. In a little while the ambulance arrived with the driver and his assistant.

They were appreciative about what I had done and took the lady to hospital, where she subsequently had three stitches in her forehead.

A small incident, but it shows that the concentration and will to do something, because there was an emergency, can achieve surprising and satisfying results.



Practice Words

King

Patron

Govern

Treasurer

Chairman

Secretary

King
charity
It seeks
through
inform
for Lo

re-lax-a-tion

im-por-tance

peace-full-y

val-u-a-ble

fa-ci-li-tates

sim-i-lar

fa-mil-i-ar

KING'S

126 ALE

ACCESSION

167

DATE OF RE

19 MAR

Relaxation

Relaxation is of great importance. Frustration and tension are natural reactions to failure in expressing oneself. Unfortunately, this often makes it even harder to speak. Deep regular breathing helped me to control my tension a little and I still use breathing exercises regularly to help me to relax.

Relaxation of body and mind helps you to sleep peacefully, which is important for progress. Your best results will be achieved following sound rest.

The early morning has proved a valuable time for practice. On waking, I feel particularly relaxed and fresh, which facilitates my speech attempts. I use this time in the bathroom for practice of word sequences found difficult on the previous day. Sometimes I try a series of words with associated or similar sound patterns.

This private time in the bathroom is an ideal moment for breaking into a song. Familiar oldies like 'Daisy, Daisy, give me your answer do', will come quite readily and provide a good start to your speaking day.



King

Patron

Govern

Treasurer

Chairman

Secretary

King
charity
It seeks
through
inform
for Lo

Practice Words

per-son-al

an-ec-dote

mel-o-dies

com-men-ted

ex-cell-ent

eve-ning

re-lax-a-tion

plea-sure

re-sul-ted

KING'S
126 ALE

ACCESSION

167

DATE OF RE

19 MAR

A personal anecdote may be of interest here. My wife and I attended a carol service one Christmastime, and I enjoyed the familiar favourites — melodies and words. Afterwards we met some friends who commented on my excellent speech. This occurred late in the evening, a time when speech can be at its worst. Singing had provided relaxation and a sense of pleasure which resulted in easier speaking.



King

Patrol

Gover

Treas

Chain

Secret

King I
charity
It seek
throug
inform
for Lo

Practice Words

mem-or-y

dif-fi-cul-ty

han-di-cap

ex-per-i-en-ces

re-call-ing

ag-gra-va-tion

heigh-tened

im-prove-ment

act-u-al-ly

po-si-tions

vis-u-al-ise

syl-la-bles

KING'S
126 ALB

ACCESSION

167

DATE OF RE

19 MAR

Word Finding

Poor memory for words or word-finding difficulty is a major feature of the speech handicap which can follow a stroke. Everyone experiences difficulty in recalling a name at some time and is aware of the aggravation this causes. The problem is greatly heightened after a stroke affecting speech.

If you are unable to find the word you want, do not despair. Try to find another similar word to serve the same purpose or rephrase the sentence. Word finding is a common problem which will improve with time and practice. I still have some difficulty in this area, but improvement continues. You do not want too much help from others here. Your relatives and friends will soon learn to appreciate just how much help you need at different times during conversation practice.

When you have found the word you require you may have trouble in actually saying it, in putting the sounds in the right order, and in making your tongue and lips take up the correct positions. It may be helpful to visualise in your mind's eye what the word looks like and to recall its sound order before saying it in syllables. Breaking up words into syllables, a syllabic approach, can help

Practice Words

nat-ur-al-ly

tech-nique

chall-en-ging

stim-u-la-ting

an-oth-er

vo-ca-bu-la-ry

re-cor-der

King

Patro

Gove

Treas

Chain

Secret

King
charity
It seek
throug
inform
for Lo

KING'S
126 ALB

ACCESSION

167

DATE OF RE

19 MAR

to make your speech more easily understood. You can phrase your speech more naturally and maintain the sense of what you are saying.

Having found your words, you may need a technique to help you to say them.

A challenging and stimulating exercise is provided by thinking of a word, saying it and then finding another word with a similar meaning.

Further stimulation of your vocabulary may be encouraged by choosing a word, building a phrase or sentence around it in speaking and in writing. Buy a tape recorder. Listen to the words you are trying to say and repeat them until they sound right.



King

Patro

Gover

Treas

Chain

Secret

King
charity
It seek
throug
inform
for Lo

Practice Words

af-fec-ted

dis-rup-tion

pro-cess-es

im-prove-ment

the-rap-ist

vis-it-ors

dif-fi-cult

par-a-lysed

de-vel-oped

re-es-tab-lish-ing

re-ed-u-ca-tion

grad-u-al-ly

KING'S
126 ALB

ACCESSION

167

DATE OF RE

19 MAR

Memory for Words and Other Things

Some of us are affected much more than others with loss of memory, both for words and events. This is related to the extent of the disruption that the brain has suffered, and on the processes of recovery. There can be much improvement with time, practice and patience. The speech therapist can advise you on ways in which you can help yourself. At first you may not be able to recall your name and address, or the names of those who visit you in hospital. I remember having to get my visitors to write their names in a notebook, indicating by gesture what I wanted them to do.

It was all very difficult in the beginning; my right arm was paralysed so that I could not hold a pen in my right hand. I used my left hand for writing, with some success. This must be developed if the right hand is affected too much. My memory for the names of letters gave me trouble, and it was helpful in re-establishing my writing skill, to copy these and to link sound with symbol.

The aim of treatment is re-education of the brain, and the more you strive to remember, the more your memory will recover. Gradually you will find you are filling gaps and remembering the small



King

Patro

Gover

Treas

Chain

Secret

King
charity
It seek
throug
inform
for Lo

Practice Words

com-mun-i-ca-ting

trig-gers

re-trieve

re-in-force

ac-tiv-i-ties

en-cour-age-ment

ar-ti-cle

mag-a-zine

ver-sion

KING'S
126 ALI

ACCESSION

167

DATE OF RE

19 MAR

details which are so necessary in communicating with people around you.

Remembering one thing triggers off another event or word which has been difficult to retrieve.

Learning of new events trains the memory too. The written word can reinforce the process of recall. Many daily activities can be utilised in memory work. The words of a poem, or song remembered from the past, can be a great encouragement. Watching television and listening to the radio is to be encouraged, with recall of the items seen or heard. Perhaps at a later stage, reading an article from a newspaper or magazine will be useful, writing down or telling a shortened version, to cover the main points.

Practice Words

con-cen-tra-ting

di-vi-ding

mul-ti-ply-ing

a-rith-me-tic

va-ri-ous

sim-i-lar-ly

com-pre-hen-sion

ac-tiv-i-ties

King

Patro

Gove

Treas

Chair

Secre

King

charit

It seel

throug

inform

for Lo

KING'S

126 AL

ACCESSION

167

DATE OF RI

19 MAR

Concentration and Comprehension

Difficulties in concentrating and grasping the meaning of what was said to me, presented two major problems.

Concentration requires a lot of effort, and this can suffer as a result of a stroke. Adding up a column of figures, dividing, multiplying and simple mental arithmetic taxed my concentration heavily for some time. Completing a simple crossword was even harder because it involved the recall of words.

Reading can be utilised in various ways to aid and retrain concentration. Items you have read may be retold in your own words on to a tape. Similarly, retelling something of what you have absorbed from radio broadcasts and television programmes is useful. Written reporting can also play a part in this area of work.

Concentration and comprehension may be helped by a variety of activities, including Lexicon, Scrabble, verbal puzzles from children's books, keeping a diary, painting by numbers, learning poetry and prose, playing cards and completing jigsaw puzzles.



King

Patro

Gove

Treas

Chair

Secre

King

charit

It see

throug

inform

for L

Practice Words

re-tur-ning

con-cen-tra-tion

or-gan-i-sa-tion

oc-cu-pa-tion-al

pre-par-a-tion

per-son-al

in-ter-es-ting

per-se-ver-ance

con-tin-u-ing

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

There are many aspects of returning to normal activities in the home and at work, which require concentration and organisation. It is here that the help of an occupational therapist may play a vital part. To take a simple but essential example; for a housewife, a vital feature of running her home successfully would be preparation of the evening meal. Such an exercise requires planning, concentration and organisation.

Hobbies may be an essential aid to the re-establishment of confidence, providing real interest and the boost of personal satisfaction.

The local library is likely to be a valuable source of interesting books, some highly pictorial, which will help concentration.

A lot can be achieved by patience and perseverance. Remember at all times not to get over-tired; have a rest from what you are doing and try to relax, continuing later when refreshed.



King

Patro

Gover

Treas

Chain

Secret

King
charity
It seek
throug
inform
for Lo

Practice Words

con-fi-dence

ap-proach-ing

ac-quaint-an-ces

tol-er-ance

ex-per-i-ence

ar-tic-u-la-tion

ex-pres-sion

a-vail-a-ble

ad-van-ta-ges

KING'S

126 ALI

ACCESSION

167

DATE OF RE

19 MAR

Conversation

Confidence in approaching and speaking to people must be regained. Friends and acquaintances can play a role here. They can be of great assistance to you in increasing your tolerance of others' reactions to your speech. Then, the more strangers you can talk with, the more your experience increases and confidence is built.

I find that breaking the words into syllables, a syllable-timed approach, helps my articulation. You may not need to do this, but if you do, the speech therapist should advise you on how to proceed.

Communication is a two-way process. Your listener's reactions will affect your performance. Speak in phrases if you can, and try for normal rhythm, which creates expression and helps your listener. Guard against talking for too long, since this can become very tiring for your listener and yourself.

Group therapy is available in some areas, where everyone is encouraged to take part in a session. There are many advantages; practice in talking to strangers and making new friends, listening to other people and they to you, guidance from a therapist,

Practice Words

mu-tu-al

ar-e-a

fa-ci-li-ties

com-mun-i-ty

de-part-ment

ad-van-ta-ges

par-tic-i-pa-tion

com-po-si-tion

at-ti-tude

King

Patro

Gove

Treas

Chair

Secre

King

charit

It see

throug

inform

for L

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

for you and your family, support from others in the same situation as yourself, the sharing of mutual problems. It becomes a social occasion and a valuable step between the clinic and the outside world.

The area health authority covering your home district employs an area speech therapist who may be approached, perhaps through your doctor, for advice concerning the management of your speech problems and the local facilities available to you. Your doctor may refer you to the local hospital or community health centre speech therapy department for advice. Some areas run 'speech clubs' which have many ongoing advantages for longer-term care.

The essence of success in conversation is practice; participation in conversation with your family is of great importance and outranks formal speech therapy.

Your friends and other relations can help in holding conversations with you. You can read aloud and even talk to yourself.

I practise every evening, going through an exercise of reading aloud, writing, composition and so on. You can do the same, and take a more hopeful-looking attitude, which in itself helps the progress that can be achieved.



Practice Words

King

ver-bal-ly

Patra

sui-ta-ble

Gove

re-par-tee

op-por-tun-i-ty

pos-it-ive

Treas

Chair

Secre

King l
charity
It seek
throug
inform
for Lo

KING'S
126 ALI

ACCESSION

167

DATE OF RE

19 MAR

Respond verbally to suitable radio and television programmes, repeating and answering back. This will help your reactions in repartee. The more you converse the better, so continuing your therapy away from the clinic. Make full use of your friends, they will welcome an opportunity to help in a positive way.

Practice Words

ef-fec-tive-ly

ten-sion

ac-cep-ted

coun-ter-act

ca-tas-tro-phe

un-a-sha-med-ly

hap-pi-er

a-bun-dance

des-pon-den-cy

eg-o-cen-tric

for-get-ting

King

Patro

Gove

Treas

Chair

Secre

King

charit

It see

throug

inform

for L

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

General Thoughts on Some Problems

I must stress here that a stroke producing difficulty in speech is a family matter and as such, both patient and family need real support and advice on how to cope effectively.

A stroke which affects speaking can affect reading and writing. Thinking and memory functions may also suffer, so that intense frustration occurs. Such tension is part of the illness, and must be recognised and accepted, for attempting to do too much too quickly may lead to a setback. Try to counteract the natural depression which arises when you are dealing with this major catastrophe, after leading a full and normal life. I cried at times and unashamedly felt relief in this outlet. Aim to greet others in a cheerful, positive way and their responses will make the world seem a happier place.

Family and friends provide an abundance of help. Love and kindness, positive encouragement, tolerance and patience are all necessary for secure progress. Fight despondency and try again when you fail.

There is a very real danger of isolating yourself, of becoming egocentric and self-involved, forgetting the burden that you are placing on your family.

Practice Words

es-sen-tial

de-ter-i-or-a-tion

fre-quent-ly

o-ver-come

in-tell-i-gence

phys-i-cal

pass-en-ger

in-flu-ence

co-or-di-na-ting

i-so-lated

pre-vi-ous

King

Patro

Gove

Treas

Chair

Secre

King

charit

It see

throu

inform

for L

KING'S

126 AL

ACCESSION

167

DATE OF RI

19 MAR

Rest and relaxation are essential. Fatigue causes deterioration in speech and other physical symptoms, such as tension and headaches. Therefore, it is best to concentrate on communication practice in short spells, though quite frequently, during the course of a day.

I have been talking about various possible effects of a stroke and how you can overcome them. Once your intelligence has settled you have to communicate that intelligence to others by yourself.

I was very lucky; my physical recovery enabled me, with my doctor's permission, to drive my car within a fortnight of leaving hospital. I used to take a passenger with me at first to explain to the police, should I be stopped, that I was not drunk or under the influence of drugs.

Driving proved good exercise for coordinating physical activity with concentration. However, your doctor must advise, and someone should be with you to give you confidence until you can manage on your own.

You may well feel isolated, but try mixing with other people. Go shopping with your family or friends. Retrain yourself to take up an active life, similar to your previous one. Gradually involve yourself in your old activities.

Practice Words

as-sis-tant

tem-por-ar-y

ab-il-it-y

tra-vel-ler

opp-o-site

di-rec-tion

King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

Knowing about money values is not easy. I used to pay with a pound note until I got so many coins that I had to put them on the counter, so that the shop assistant could sort out the value. This was only a temporary setback, and the ability to deal with money should return.

When other people are in a hurry try not to be hurried yourself. People will always listen if you tell them you have a speech difficulty. They will be patient, and give you their attention to hear what you say and what you require.

I can remember waiting on a railway platform when another traveller, who was in a hurry, asked if this train was going to somewhere. Before I could say 'No!' he stormed off and climbed aboard the train. It pulled out of the station in the opposite direction to the one he required! So, he didn't get very far for his impatience.

Learn to use the public telephone in a call box, and keep a list of people you can ring for assistance.



King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

Practice Words

im-med-i-ate-ly

ach-ieve-ment

dis-sa-tis-fied

i-ma-gine

e-vi-dence

phil-o-so-phy

mo-ti-va-tion

op-ti-mal

ap-pre-ci-ate

i-nit-i-a-tive

con-sid-er-ab-ly

KING'S

126 AL

ACCESSION

167

DATE OF RI

19 MAR

Progress and Coming to Terms with a New Self

How does your speech compare now with the level immediately after the stroke?

Progress can be slow and patience is needed for steady achievement. It is quite natural to feel dissatisfied with your progress. You may well think it has not been fast enough or certain enough. Your progress is greater than you imagine and this is where your speech therapist can advise you and provide evidence of your progress.

You may well need to adopt a more relaxed philosophy about talking, taking it at a slower rate and not aiming for levels prior to your illness. Motivation is vital for achievement and yet compromise may be essential for optimal results. This is a delicate balance to appreciate and maintain. It is part of the new concept of yourself.

When you meet someone, take the initiative and greet them. This gives you an advantage in preparing your next question or comment. I found that leading off in this way helped my confidence considerably, since I was more in control of the situation. Frustration occurred many times in the early days, when someone coming towards me said,

Practice Words

em-bar-rased

con-ver-sa-tion

ex-pli-cit

max-i-mum

cla-ri-ty

fa-mil-i-ar

hol-i-day

King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for Lc

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

‘Good morning. How are you?’, and before I could answer had passed quickly by, leaving me tense and embarrassed. Now, I usually manage the greeting first, to good effect, and remain more relaxed in any ensuing conversation. Keeping sentences short and explicit is a challenge and probably will be essential for effective discourse. Longer words may need to be carefully put into syllabic order for maximum clarity. There are some catch phrases with which we are all familiar, and these may be rehearsed as an exercise. Some of these are

How are you today?

Are you well?

I’m alright. How are you?

Pleased to meet you.

Have you been away?

Are you having a holiday this year?

What is the time?

Terrible day isn’t it?

Cold, isn’t it?

King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for Lo

KING'S

126 AL

ACCESSION

167

DATE OF RI

19 MAR

Further catch phrases from the media can be used
such as

Didn't he do well?

Hello cheeky!

Nice one, Cyril!

Nice to see you, to see you nice!

I knows it! I grows it!

The pint that thinks it's a quart!

Fly the British flag!

Practice Words

pi-a-no

care-full-y

syl-la-ble

in-di-cate

em-pha-sis

King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for Lo

KING'S

126 AL

ACCESSION

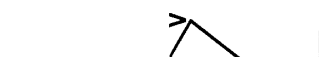
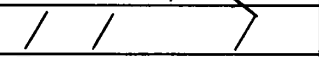
167

DATE OF RI

19 MAR

The use of a piano, or some other means of making melodic sounds, may help to impart the melodic and stress patterns of speech. You can tape your efforts or someone can do this for you. A therapist should help you to plan a programme of melodic intonation therapy, since the best results are achieved through a carefully structured course.

Melodic Patterns

Higher pitch		
Lower pitch		
Sentences	I am plan-ning	Please sit down

A single line represents a single word or syllable.

Two lines joined at the top represent double syllable words.

Arrows indicate stress or emphasis.

Practice Words

me-lo-dic

in-to-na-tion

ac-com-pan-ied

en-cour-age-ment

par-tic-i-pa-tion

to-geth-er

rhyth-mi-cal

King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for Lo

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

Melodic Intonation Therapy

One day my speech therapist introduced me to melodic intonation therapy.

She started by taking my right hand and tapping the fingers on the table in the rhythm and stress pattern of the short sentence she had in mind.

There was no verbal response from either of us at that moment. Next she intoned the sentence with its rhythm and stress pattern, accompanied by hand tapping. The tempo of melodic intonation is slower than that of normal speech. I was invited to join in, intoning the sentence in unison, with encouragement to increase my participation with each repetition.

We sang together
I-AM-PLANNING

My speech therapist gradually withdrew, leaving me producing the four-beat rhythmical speech sequence on my own. This was the pattern for several sentences practised. You can create some short practice sentences, which do not have to be in four-beat patterns. For example

PLEASE-SIT-DOWN.

Practice Words

dic-tion-ar-y

spe-cia-lly

stim-u-late

vo-ca-bu-la-ry

pro-nun-ci-a-tion

pho-ne-tic

por-ta-ble

re-pro-duc-tion

e-lec-tric

King

Patro

Gove

Treas

Chair

Secre

King

charit

It see

throu

inform

for Lc

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

Aids to Learning to Speak

A dictionary is a must - one that has large print, and has been specially designed for people learning English. It will help you to find other meanings for words and to define words. This will stimulate your vocabulary. In addition, if pronunciation is a problem, it should give a phonetic spelling which will help you to organise a word.

It is a good thing to practise writing out words, to think them through in syllables, and then to say them.

Try selecting a group of words from the dictionary, and practise saying and writing these in sentences.

Colourful detailed pictures, that are found in magazines, can be utilised in your treatment. Try to name the objects in the picture, and to say what you think is their function. You may describe the activities that are depicted as a sentence-building exercise.

Another helpful aid to speaking is a good portable cassette tape recorder, one that gives an accurate reproduction of your voice. It should be easy to operate, powered by battery or the electric mains supply. I found one most useful. You can take it to

Practice Words

ex-er-cise-s

sen-ten-ces

prom-in-ent

mi-cro-phone

ex-per-i-ment

in-crea-sing

King

Patro

Gove

Treas

Chair

Secre

King

charit

It see

throug

inform

for Le

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

speech therapy as a record of your exercises and to record your progress. Spaces may be left on the tape for you to copy the therapist's speech in words, phrases or sentences. Then you can listen to your own voice, note any mistakes, correct them and improve on them. The speech therapist can listen and judge how much you have progressed between each session. I think amongst the aids to your speech therapy, the portable cassette tape recorder is prominent. The best way to relax with a tape recorder is to ignore the microphone, and then practise, experiment, and get thoroughly used to its presence.

You can practise reading headlines or an article from the newspaper or a magazine. Poetry may be helpful in increasing expression and rhythm.

Another useful exercise is for someone to say a noun, and you to produce another one similar to it, as quickly as you can. This helps a lot in speeding your thinking and reactions, and your word finding. Make a note for the speech therapist of anything you find difficult, so that she can concentrate on it during treatment.

Practice Words

a-voi-ding

pro-vi-ding

he-si-tate

re-cov-ered

fa-mil-i-ar

an-ti-ci-pa-ted

dis-ap-pear

i-nit-i-a-tive

di-a-logue

King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF R

19 MAR

Returning to Work

I went back to my office after six months, travelling to London by rail, but avoiding the peak periods of rush and bustle. Having a season ticket prevents the stress of buying a regular daily ticket. Family and friends may be able to again help, by providing a car service, which will preserve essential energy.

Work may best be on a part-time basis at the start. Do not hesitate to tell people that your speech is not fully recovered, colleagues will understand. You will have 'off' days without a doubt, but these become less frequent as you relax into the old, familiar routines.

My experience here was different from what I had anticipated. The work scene was busy; everyone in a hurry and talking too fast for me. Familiar colleagues would rush past with 'Good morning Charles' and before I could remember their name and reply, disappear from sight. This caused me great anxiety. I learned some useful phrases like 'Hello!', 'Good morning', 'I'm not too bad', and so on, so that I could anticipate these situations and be in a better position to cope. Now, I often take the initiative and lead the dialogue, which gives me



King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

Practice Words

re-gu-lar

com-pan-i-ons

ar-gu-ment

en-thu-si-asm

par-tic-u-lar

en-gen-der

com-mun-i-cate

hap-pi-er

KING'S
126 AL

ACCESSION

167

DATE OF R

19 MAR

a little time to think and be more in command, with increased confidence in myself.

I enjoy my train journey to work with some regular travelling companions. I join in their conversation and we enjoy some mutual laughter. I even contribute to the occasional argument and enjoy the odd skirmish! However, I am aware that I must guard against talking too much now and taking over the conversation. When organising a social gathering, four to six people together helps me to control this enthusiasm and protects my guests from boredom.

A series of graded exercises appears at the end of the book. These too are best used with guidance from a speech therapist. The order of difficulty in each exercise is not graded, but can be adapted to your particular needs. Writing is a useful adjunct to speaking, but not essential, if it is particularly difficult for you.

I have derived great pleasure from writing this book and hope in some small measure it may help people who suffered from the same illness as myself. My aim has been to give some encouragement and to engender motivation which will enable you to communicate with others again and to enjoy a happier life.

Practice Words

sur-pri-sed

de-ter-min-a-tion

ad-mir-a-tion

King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

You will be surprised how many people have suffered from strokes, and have overcome their handicaps in various ways, leading to a fairly normal life. So much can be achieved by having care, patience, determination and a great deal of help and support from family and friends, together with professional assistance from speech therapists for whom I have great respect and admiration.



King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercises

USE THE TAPE RECORDER AND
DICTIONARY EVERY TIME



King

Patro

Gove.

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 1

1 Count up to 20.

2 Name as many COLOURS as you can.

3 a Name 5 THINGS you like to EAT.

b Name 5 THINGS you like to DRINK.

c Name 3 IMPLEMENTS you use to EAT WITH.

d Name 3 CONTAINERS you use to DRINK FROM.

4 Practise saying

SPEED	HANG	PICK	DITCH
WEED	SANG	BRICK	STITCH
BLEED	RANG	TRICK	HITCH
FEED	BANG	CRICK	BITCH



King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 2

- 1 SAY and WRITE DOWN the FLOWERS and VEGETABLES you would FIND in a GARDEN.
- 2 DRAW a HOUSE in a GARDEN with some TREES.
- 3 SHUFFLE and SORT a PACK OF CARDS in SUITS and put EACH SUIT in NUMERICAL ORDER.
- 4 What is missing in the following?
 - a 16 26 36 ? 56 66 ? 86 96
 - b $3 + 7 + ? + 4 = 22$
 - c $3 \times 11 =$
- 5 Practise saying

POND	RUSH	BANK	CRACK
FOND	BRUSH	THANK	BACK
BOND	CRUSH	CRANK	SLACK
BLONDE	HUSH	SANK	HACK



King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 3

- 1 You are VISITING your LOCAL SCHOOL;
SAY and WRITE DOWN what you hope to
SEE.
- 2 SAY and WRITE DOWN all the LADIES'
CHRISTIAN NAMES you know.
- 3 SAY and WRITE DOWN the TIMES on the
CLOCK FACE, starting with 1 O'CLOCK up
to 12 O'CLOCK.
- 4 Practise saying

NIGHT	AIR	READY	MEAT
RIGHT	PAIR	STEADY	PEAT
BRIGHT	STAIR	ALREADY	HEAT
MIGHT	CHAIR	NEDDY	BEAT



King

Patro

Gove.

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 4

1 You are GOING by CAR to the SEASIDE;
SAY and WRITE DOWN what you SEE on
the JOURNEY and what you EXPECT when
you GET THERE.

2 What is a MAN CALLED WHO
BAKES BREAD?
DRIVES A TRAIN?
GROWS WHEAT?
SELLS MEAT?
MENDS SHOES?
CATCHES FISH?
KEEPS A SHOP?

3 Find the answers

$$4 \times 5 = \qquad 8 \times 7 =$$

$$5 \times 4 = \qquad 9 \times 8 =$$

$$6 \times 7 = \qquad 10 \times 8 =$$

4 Practise saying

MEET	RAKE	LIST	TOUGH
WEEK	WAKE	MIST	ENOUGH
STREET	AWAKE	FIST	COUGH
SHEET	TAKE	WRIST	ROUGH



King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 5

1 You are VISITING LONDON;
SAY and WRITE DOWN the NAMES of the
BUILDINGS and PLACES you hope to SEE.

2 Give the OPPOSITES of these WORDS

BLACK	DAY	UPSTAIRS	WRONG
LEFT	STAND	DULL	WINTER
BELOW	WET	FORGET	ASLEEP
HAPPY	CRY	TALL	BLUNT

3 Write the sentences adding in the missing word

- a A BUTCHER sells.....
- b A BAKER sells
- c A MILKMAN sells
- d A FLORIST sells.....

4 Practise saying

INSIDE	LOW	SHARP	START
OUTSIDE	SLOW	HARP	TART
SUNNYSIDE	CROW	WARP	DART
SEASIDE	THROW	CARP	PART



King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 6

- 1 a Write down THREE words that end like LAND.
b Write down THREE words that end like LAY.
c Write down THREE words that start with CH like CHOP.

- 2 You are going for a PICNIC;
SAY and WRITE DOWN what you MUST TAKE with YOU.

- 3 ADD UP this sum of money
 $1p + 2p + 5p + 10p + 50p =$

- 4 Practise saying

LOOK	HOOD	SAKE	HUNT
NOOK	STOOD	TAKE	COUNT
COOK	WOOD	MAKE	DON'T
BOOK	BROOD	BAKE	GRUNT
BROOK	GOOD	CAKE	MOUNT



King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throug
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 7

- 1 You are at the CIRCUS;
SAY and WRITE DOWN the NAMES of the ANIMALS and ACTS you see.
- 2 You can play SNAP with SOMEONE ELSE,
and call out SNAP when TWO PLAYING CARDS are IDENTICAL.
- 3 SAY and WRITE DOWN the WORDS in EACH LINE that have the SAME LAST THREE LETTERS as the FIRST WORD, in the small box.

SENT	WENT	TENT	CAMP	SPENT	BENT
SEND	SPEND	STAMP	MEND	LEND	BEND
LAMP	CAMP	JUMP	DAMP	STAMP	HAMPER
WING	STING	LIMP	THING	SPRING	SWING

4 Practise saying

LAMP	RENT	WING	SEND
CAMP	SPENT	STING	SPEND
DAMP	BENT	THING	LEND
STAMP	SENT	SPRING	BEND



King

Patro

Gove

Treas

Chail

Secre

King
charit
It see
throug
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 8

1 You are going CAMPING;
SAY and WRITE DOWN the THINGS you
will WANT to TAKE WITH YOU.

2 WRITE THREE WORDS to RHYME with
each of these WORDS

WOOL DATE TIN HAD AIR

3 NAME as many TOWNS as you can in
ENGLAND.

4 Practise saying

SPIN	ROCK	LUMP	PLAN	LAND
CHIN	LOCK	PUMP	CLAN	HAND
SKIN	CLOCK	BUMP	SPAN	STAND
PIN	BLOCK	HUMP	FLAN	GRAND



King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throu
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 9

- 1 You are on a TRAIN JOURNEY;
SAY and WRITE DOWN what HAPPENED
on your JOURNEY and when you ARRIVED.
- 2 Find how many words you can make out of

INTERCHANGEABILITY
- 3 SAY and WRITE DOWN the MONTHS OF
THE YEAR and the DAYS OF THE WEEK.
- 4 Practise saying

LICK	HORN	MYSELF	SENSE
KICK	BORN	HERSELF	TENSE
THICK	CORN	HIMSELF	PENCE
QUICK	MORN	ITSELF	DENSE

King

Patro

Gove

Treas

Chair

Secre

King
charit
It see
throu
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF R

19 MAR

Exercise 10

1 You are at the CATTLE, FRUIT and
VEGETABLE MARKET;
SAY and WRITE DOWN what you SEE.

2 a COUNT UP TO 100 in TENS
b SAY and WRITE DOWN the FIGURES
and the WORDS (use a DICTIONARY).

3 WRITE SENTENCES using the following
words
a HOUSE
b HORSE
c GARDEN
d CARPET
e STAIRWAY
f HALL

4 Practise saying

MARK	GOLD	TELL	TEACH
PARK	FOLD	BELL	PEACH
LARK	SOLD	DELL	REACH
BARK	TOLD	CELL	BEACH

King

Patro

Gove

Treas

Chain

Secre

King
charit
It see
throu
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF F

19 MAR

Exercise 11

1 Describe GOING to your FAVOURITE HOLIDAY RESORTS and HOW you will TRAVEL.

2 PICK OUT the MATCHING PAIRS in the FOLLOWING GROUPS of WORDS.

KNIFE	MORTAR	BUTTER
RED	SPADES	FORK
BREAD	PEN	PAPER
CLUBS	BRICKS	BLACK

3 Find how many words you can make out of the word

DECONTAMINATE

4 Practise saying

FOOL	TURN	DIE
COOL	BURN	PIE
POOL	YEARN	LIE
TOOL	STERN	TIE



King

Patric

Gove

Treas

Cham

Secre

King
charit
It see
throu
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF F

19 MAR

Exercise 12

1 You are at a ZOO; NAME all the ANIMALS and BIRDS you SEE.

2 Write sentences using the following pair words

- a CHIP and SHIP
- b CHEW and SHOE
- c SHEEP and CHEAP
- d CHEAT and SHEET
- e CHOP and SHOP
- f WATCHING and WASHING
- g DISHES and DITCHES

3 Practise saying

Peter Piper picked a peck of pickled peppers,
and of all the pickled peppers Peter Piper
picked, there was one poor pepper.

4 Practise saying

TEACH	PICTURE	BEAD	WEED
WATCH	PITCHER	SEED	KNEAD
PEACH	TEACHER	TWEED	GREED
WITCH	VICAR	LEAD	FREED



King

Patric

Gove

Treas

Chair

Secre

King
charit
It see
throu
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF F

19 MAR

Exercise 13

1 You are GOING to VISIT an AIRPORT;
WRITE DOWN and SAY all that you WILL
SEE.

2 Practise saying

She sells sea shells on the sea shore, what she
sells on the sea shore are sea shells I am sure.

3 Find the correct sentence by using these words
UNJE SI A YVER MWRA HMTON

and again with these words

HET NAM SEGO OT KWRO YB RCA

4 Practise saying

TETHER	WIFE	CHIP	CHOP
NEITHER	LIFE	SHIP	SHOP
HEATHER	KNIFE	CHEAP	SHOE
LEATHER	FIFE	SHEEP	CHEW


King

Patn

Gove

Trea.

Chai

Secre

King
chari
It see
throu
inform
for L

KING'S

126 A1

ACCESSION

167

DATE OF F

19 MAR

Exercise 14

1 You are having a DAY in the COUNTRY;
SAY and WRITE DOWN the NAMES of the
ANIMALS, BIRDS and THINGS you SEE.

2 Write sentences using the following words

- | | |
|-------------|------------|
| a MOTHER | d RAIN |
| b BLACKBIRD | e MOON |
| c TRAIN | f FOOTBALL |

3 Write these words in four lists of

Five-letter words

Six-letter words

Seven-letter words

Eight-letter words

BROTHERS
THREE
STREET
SHELL
AWAKE
SPOON

MOTHER
BOTTOM
CALLED
SHEET
WORKED

OTHERS
SINGING
GARDEN
BIRDS
NAMED

4 Practise saying

DATE
HATE
PLATE
MATE

BEE
FREE
THREE
SEE

FINE
SHINE
PINE
TWINE

CHASE
CASE
BASE
PASTE

King

Patric

Gove

Trea

Chai

Secre

King
chari
It see
throu
infor
for L

KING'S

126 A1

ACCESSION

167

DATE OF F

19 MA

Exercise 15

- 1 Think of a word that has the OPPOSITE MEANING to

SHARP	HARD	COLD	UP	DRY
SHORT	ON	LIGHT	GOOD	SMALL
HIGH	NICE	FULL	ABOVE	FAST
STOP				

- 2 You are on a FARM; SAY and WRITE DOWN the NAMES of the FARM ANIMALS, the FARM EQUIPMENT and all the FARM PRODUCE that is GROWN on the FARM.

- 3 Make up sentences using these words

KITCHEN	TABLE	CHAIR	STOOL
GARDEN	PATH	FLOWERS	TREES
BENCH	BUSHES		

- 4 Practise saying

CAVE	SHELL	DIVE	CRACK
WAVE	SMELL	DIVER	PACK
SAVE	SWELL	DRIVER	LACK
BRAVE	DELL	DRIVE	TACK



King

Patric

Gove

Trea.

Chai

Secre

King
chari
It see
throu
inform
for L

KING'S

126 AL

ACCESSION

167

DATE OF P

19 MAR

Exercise 16

- 1 SAY and WRITE DOWN the WORD which has the same MEANING as

PRETTY HEALTHY LARGE BREEZE
SAFE LEVEL PLUMP SCARLET
FLUID UPRIGHT

- 2 SAY and WRITE DOWN all the GENTLEMEN'S CHRISTIAN NAMES you KNOW.

- 3 Make up sentences using these words

HOUSE HOME SWIMMING
AEROPLANE FOOD CRICKET
SHED RADIO PARK

- 4 Practise saying

a Thirty thousand feathers on a thrush's throat.

b these words

EAST	SAIL	PASS	PEAS
FEAST	PAIL	CLASS	TEAS
BEAST	NAIL	GLASS	BEEES
LEAST	MAIL	BRASS	FEEES


King

Patric

Gove

Trea

Chair

Secre

King

chari

It see

throu

inform

for L

KING'S

126 AL

ACCESSION

167

DATE OF F

19 MAR

Exercise 17

- 1 a What is the cost of 5 books at 50p each?
- b What is the cost of 7 pencils at 5p each?
- c What is the cost of 10 postcards at 2p each?
- d The cost of a shirt is £3.65. How much change will you have from £5?
- e Add £2.25, 12p and £3.35.
- f What is £5.35 less £2.51?

2 Practise saying

Imagine an imaginary menagerie manager,
imagining managing an imaginary menagerie.

- 3 Find the correct sentence by unmixing these words

OUY REA IGNGO OT HET EMCINA

And again with these words

EW AHVE A TILTLE PYPUP



King

Patric

Gove

Trea

Chair

Secre

King

charit

It see

throu

inform

for L

KING'S

126 AL

ACCESSION

167

DATE OF F

19 MAR

Exercise 18

1 WRITE a PARAGRAPH about the
ADVANTAGE and DISADVANTAGE of the
USE of RADIO.

2 Try to fill in the crossword on the next page.

3 Practise saying

Many men are merry in the merry month of
May.

4 Practise saying

DUCKED	COOKED	BOOKS	LEAVE
SOCKED	FORKED	LOOKS	WIVES
CLOCKED	TRICKED	COOKS	HALVE
BOOKED	MOCKED	ROOKS	KNIVES



King

Patric

Gove

Trea

Chai

Secre

King

chari

It see

throu

inform

for L

KING'S

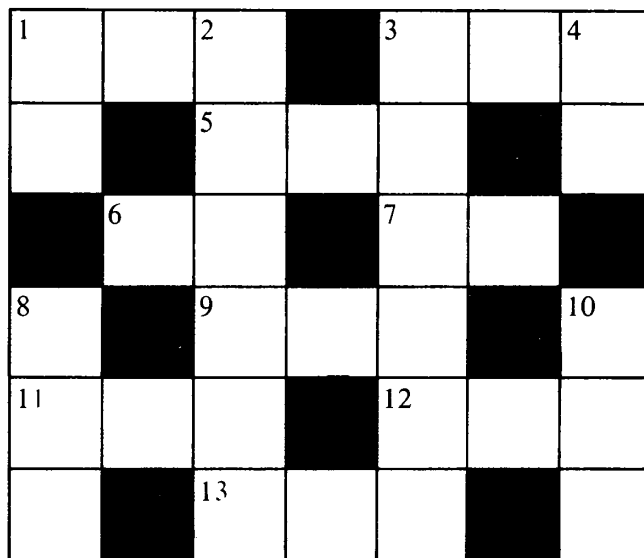
126 AL

ACCESSION

167

DATE OF F

19 MAR



ACROSS

- 1 You can go in and..... of a door.
- 3 A number.
- 5 His Royal Highness (Initials).
- 6 It is either right..... wrong.
- 7 Peas grow.....a pod.
- 9 You hear with this, one being on the left side of your head and the other on the right.
- 11 A drink (anagram of LEA).
- 12 Another drink made from leaves.
- 13 Timid (anagram of HYS).

DOWN

- 1 The stamp is stuck..... the envelope.
- 2 Ones, twos,..... fours.
- 3 $8 + 9 + 15 - 2$
- 4 He won by the skinhis teeth.
- 8 Vermin, like a large mouse.
- 10 He was aman, weighing 180lbs (anagram of TFA).



King

Patric

Gove

Trea

Chair

Secre

King

chari

It see

throu

inform

for L

KING'S

126 AL

ACCESSION

167

DATE OF F

19 MAR

Answers



King

Patric

Gove

Trea.

Chai

Secre

King
chari
It see
throu
inform
for L

KING'S
126 Al

ACCESSION

167

DATE OF F

19 MAR

Exercise 2

- 4 a 46,76
b 8
c 33

Exercise 4

- 2 BAKER
TRAIN DRIVER
FARMER
BUTCHER
COBBLER
FISHERMAN, ANGLER
SHOPKEEPER

- 3 20 56
20 72
42 80

Exercise 5

- 2
WHITE. NIGHT. DOWNSTAIRS. RIGHT.
RIGHT. SIT. BRIGHT. SUMMER.
ABOVE. DRY. REMEMBER. AWAKE.
SAD. LAUGH. SHORT. SHARP.

- 3 a MEAT c MILK
b BREAD d FLOWERS



King

Patric

Gove

Trea.

Chai

Secre

King
chari
It see
throu
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF F

19 MAR

Exercise 6

3 68p

Exercise 10

2 b

10 Ten

20 Twenty

30 Thirty

40 Forty

50 Fifty

60 Sixty

70 Seventy

80 Eighty

90 Ninety

100 One Hundred

Exercise 11

2

KNIFE

FORK

BRICKS

MORTAR

BREAD

BUTTER

RED

BLACK

SPADES

CLUBS

PEN

PAPER



King

Patn

Gove

Trea

Chai

Secre

King
chari
It see
throu
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF F

19 MAR

Exercise 13

3

JUNE IS A VERY WARM MONTH
THE MAN GOES TO WORK BY CAR

Exercise 14

3

Five-letter words

AWAKE

THREE

NAMED

SHELL

SHEET

BIRDS

SPOON

Six-letter words

MOTHER

OTHERS

BOTTOM

WORKED

STREET

CALLED

GARDEN

Seven-letter words

SINGING

Eight-letter words

BROTHERS

Exercise 15

1

BLUNT. SOFT. HOT. DOWN. WET.
LONG. OFF. DARK. BAD. LARGE.
LOW. NASTY. EMPTY. BELOW. SLOW.
GO.



King

Patric

Gove

Trea

Chair

Secre

King
chari
It see
throu
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF F

19 MAR

Exercise 16

1

PRETTY = PLEASING/ATTRACTIVE

HEALTHY = FIT

LARGE = BIG

BREEZE = WIND

SAFE = SECURE

LEVEL = FLAT

PLUMP = FAT

SCARLET = RED

FLUID = LIQUID

UPRIGHT = PERPENDICULAR/VERTICAL

Exercise 17

1 a £2.50

b 35p

c 20p

d £1.35

e £5.72

f £2.84

3

YOU ARE GOING TO THE CINEMA

WE HAVE A LITTLE PUPPY



Kin

Patr

Gov

Trea

Chai

Secr

King
chari
It see
throu
inform
for L

KING'S
126 AL

ACCESSION

167

DATE OF P

19 MA

Exercise 18

¹ O	U	² T		³ T	W	⁴ O
N		⁵ H	R	H		F
	⁶ O	R		⁷ I	N	
⁸ R		⁹ E	A	R		¹⁰ F
¹¹ A	L	E		¹² T	E	A
T		¹³ S	H	Y		T



Kin

Pat

Gov

Trea

Cha

Secr

King

char

It se

thro

infor

for 1

KING

126 A

ACCESSI

16

DATE OF

19 m

King's Fund



54001000044100



572 020000 048572

Learning to Speak Again After a Stroke

by Charles R Isted CEng MIEE

To win back the power of speech after a stroke demands bravery, determination and persistence, backed by the patience and understanding of your family and friends. Mr Isted had all of this. He wrote this book as part of his own way to recovery. But it is more than a description of his own experience. It is an essential book for daily practice to help you learn to speak again.

Available at ALL BOOKSELLERS

Order of all available titles from
Publishing Office,
25 Bedford Street, London NW1 7NF

0 900889 75 6