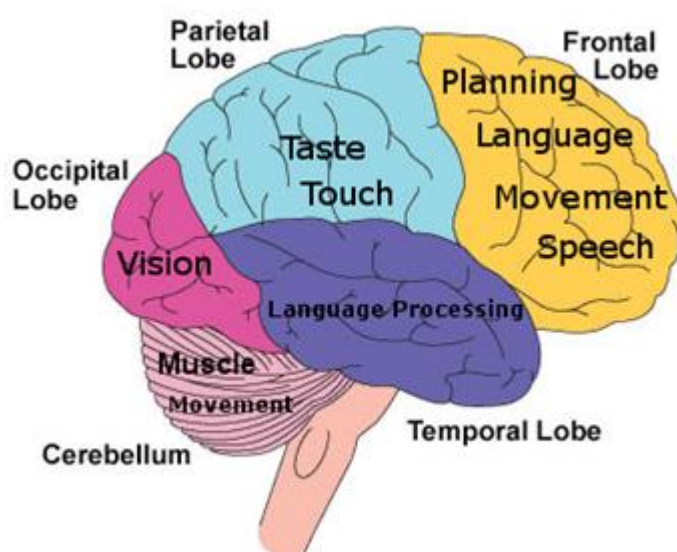


Patient information

Information on primary progressive aphasia



Primary progressive aphasia is a type of dementia that affects the areas of the brain responsible for speech, language and communication

What is PPA

Primary progressive aphasia (PPA) is a form of frontal temporal dementia, where the first symptoms are difficulties with language and not of memory. These symptoms can be very subtle to start with and progress over time.

There are 3 main types:

Logopenic PPA (lvPPA)

- Trouble finding words
- Some difficulty understanding longer sentences
- Getting words muddled up when talking

Semantic PPA (svPPA)

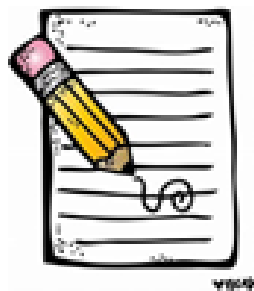
- Trouble understanding the meaning of words
- Difficulty naming words
- May use more general words eg 'thingy' 'them' 'what's it'

Non-fluent / agrammatic PPA (navPPA)

- Difficulty saying your words
- Speech can be slower or need more effort
- Might say words in the wrong order (grammar difficulties)

Sometimes you can have a mixture of the types.

PPA can affect all types of communication



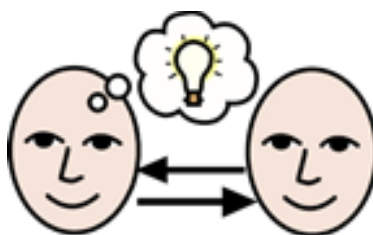
Writing or typing



Reading



Talking



Understanding

What can help

Symptoms	Strategies
Word finding difficulties	<ul style="list-style-type: none">Helping someone to think around the wordEncourage them to use gesture eg thumbs upSee if they can write down the wordPictures or photos can often help someone to find the right wordSeeing the word written down often makes it easier to sayAcknowledge if person becomes frustrated
Saying the wrong words	<ul style="list-style-type: none">Listen and try and get the general gist of what someone is trying to sayClarify or check back that you have understood by giving simple choices 'did you mean this or this?'Encourage person to say key words to get the gistTry not to correct some if you know what they are trying to say
Little or no speech	<ul style="list-style-type: none">Encourage the use of gestureEncourage the use of facial expressionEncourage the use of writing or texting or emails if speech is difficultSpelling out words on an alphabet chartUse of pictures or words that the person can point toUse of communication apps if person is able eg on a tablet or phone
Difficulty in understanding what is being said	<ul style="list-style-type: none">Use shorter sentencesPause to give them more time to understandWrite down key wordsShow pictures related to what you are talking aboutTry not to ask too many things in one go

Other useful information for communication

What is a conversation	<p>A two-way process</p> <p>Listening taking and taking turns</p> <p>Expressing and responding to someone's thoughts on feeling</p> <p>Exchanging information</p> <p>Conversations don't have to through speech, they can be non-verbal or via letters or texts</p> <p>Remember 70% of communication is non-verbal (gesture, facial expression, tone of voice)</p>
How to help when conversation breaks down	<p>Acknowledged breakdown and any frustration</p> <p>Clarify or check back what they were trying to say</p> <p>Check you are both clear on topic of conversation - writing down a key word or showing a picture can sometimes help</p> <p>Give yourself a break and come back to the conversation</p> <p>Consider changing topic if you feel your becoming frustrated</p> <p>Consider if there is a better time to have conversation (consider level of fatigue or mood)</p> <p>Make background noise and any distractions are reduced</p> <p>Consider conversation style, eg too much information or talking too quickly</p> <p>One-to-one conversations are often more manageable</p>
How to initiate conversation	<p>Encourage topics of interest eg sport, holidays, family</p> <p>Uses photo's or other items related to topic</p> <p>Make sure the person is relaxed</p> <p>Try not to put the person under too much pressure</p> <p>Try a non-verbal activity eg a game or listening to music together</p>

Other useful information

When to refer to speech and language therapy

If you are having continued difficulties with communication and/or increased levels of frustration a speech and language therapist can help by:

- Identifying strengths and weakness
- Providing support on conversation strategies
- Conversation partner training
- Guidance on using alternative ways to communicate
- One-to-one sessions for specific needs or concerns

To refer: contact the Care Coordination Centre on 0300 123 2425

Other support groups

Rare dementia support: www.raredementiasupport.org

Dementia Connect: Telephone 0333 150 3456

DementiaConnect@alzheimers.org.uk

Play list for list – personal music for dementia:

www.playlistforlife.org

TIDE: www.tide.uk.net

Suffolk Family Carers: www.suffolkfamilycarers.org

Headway www.headwaysuffolk.org.uk

Referring to Speech and Language Therapy

Contact: The Care Coordination Centre (CCC): Telephone 0300 123 2425

Email: suffolkcommunityhealthcare.referrals@nhs.net

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



© West Suffolk NHS Foundation Trust