

THE 2022
Aphasia
Caregiver
Report

In early 2020, Lingraphica released its first Aphasia Caregiver Report, which provided a never-before-seen look at the individuals who care for someone with aphasia. The findings gave a voice and perspective to the mental, emotional, and physical demands that caregivers experience. It revealed how their relationships with others change, as well as the biggest challenges that they face. We followed up that report with a 2021 survey, which further supported those findings.

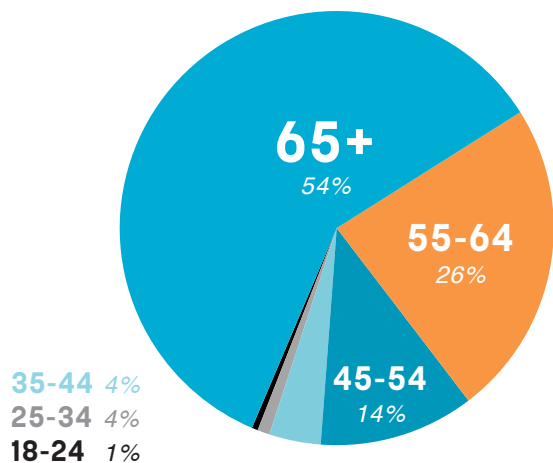
Those findings were clear: Caregiving is important, demanding work. The 445 caregivers who completed the 2022 survey made that obvious once again.

This third edition of the Aphasia Caregiver report adds to the growing proof of the many caregiver challenges. It also shines a light on potential correlations between some challenges. Plus, this year marks the first significant shift in caregiver wellbeing since the survey was first conducted. The findings outlined in this report provide an update on the state of today's caregivers. And finally, we also highlight a key resource that has proven to be beneficial for those with aphasia and caregivers alike.

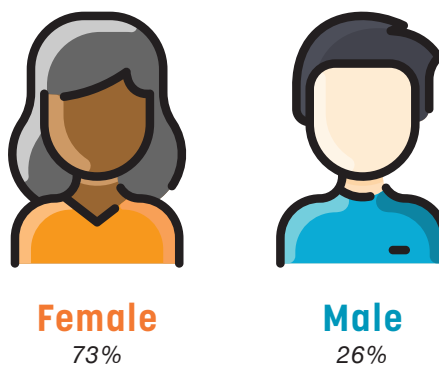
KEY DEMOGRAPHICS

Below is basic demographic information about the 445 caregivers of people with aphasia who responded to the survey. Now in its third year, the report shows no major year-over-year variance in the demographics of survey respondents.

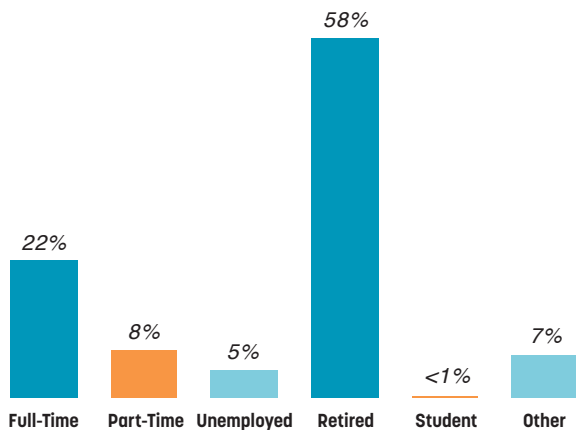
What is your age?



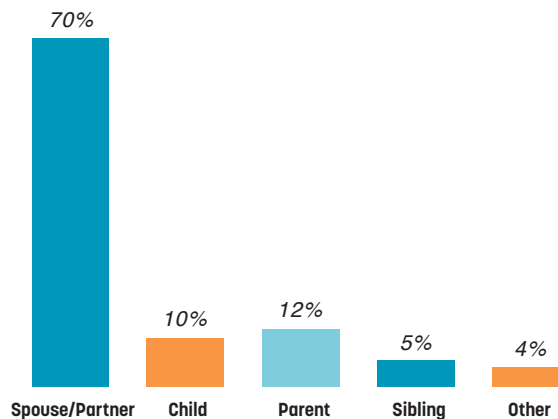
What is your gender?



What is your work situation?



What is your relation to the person with aphasia?



Still an incredible challenge, but a step in the right direction...

Once again, this follow-up survey further validated our original findings in most areas. Despite the minimal discrepancy between our reports in most areas, there was a noteworthy step in the right direction for the wellbeing of caregivers. Below is a closer look at some of the key findings.

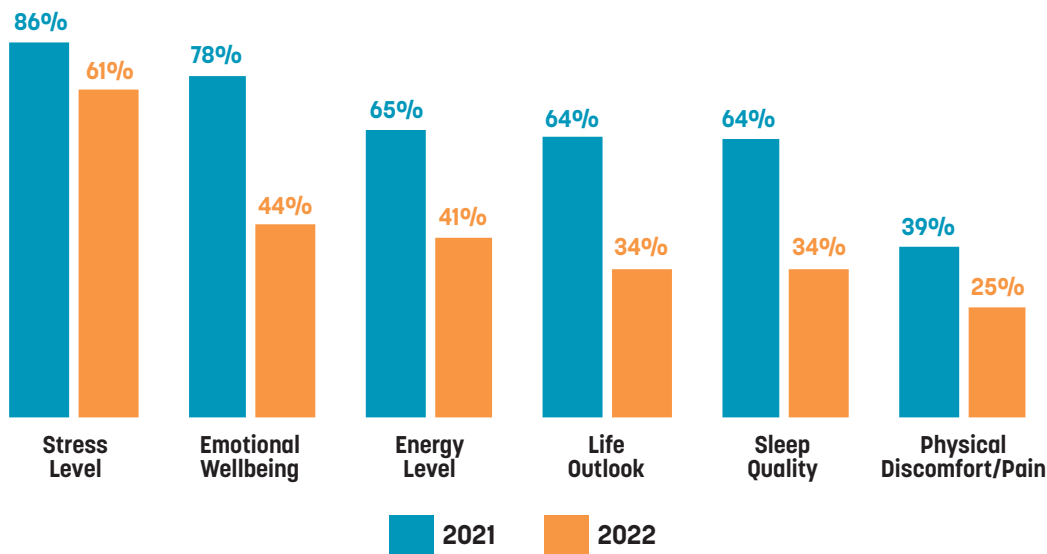


The Mental, Emotional, and Physical Impact of Aphasia on Caregivers

For the first time in three years, our survey revealed a shift in the overall wellbeing of caregivers. While many caregivers still report worsening physical and emotional traits, they did so at a less extreme rate for each trait we asked about.

There could be multiple explanations for this shift in wellbeing. It’s worth noting that our first survey was conducted in 2020: the first year of the coronavirus pandemic. While we can’t point to data prior to the pandemic, it would surprise few if the first two years of the pandemic had a significant effect on the wellbeing of caregivers.

Percent who report worsening...



Fewer people are experiencing negative effects due to caregiving in the categories listed above.

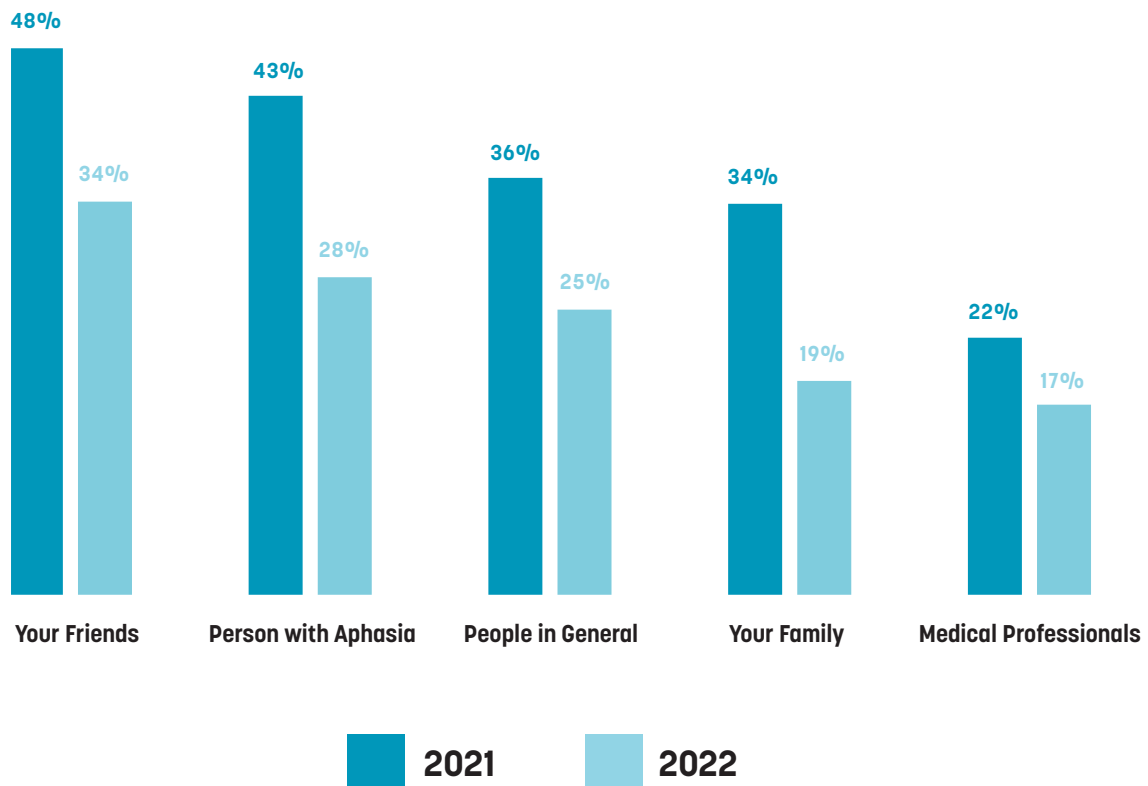


Caregivers Experience Worsening Relationships

Once again, the negatives have occurred at a less frequent rate. According to our survey results, fewer caregivers are experiencing worsening relationships compared to survey results from the two years prior. Not unlike the wellbeing section, this might again be the result of being two years removed from the onset of the coronavirus pandemic.

Still, many caregivers do report worsening relationships. There is a clear need for caregiver support, as well as educational resources for friends and family.

Percent who report these relationships worsening since the person acquired aphasia:

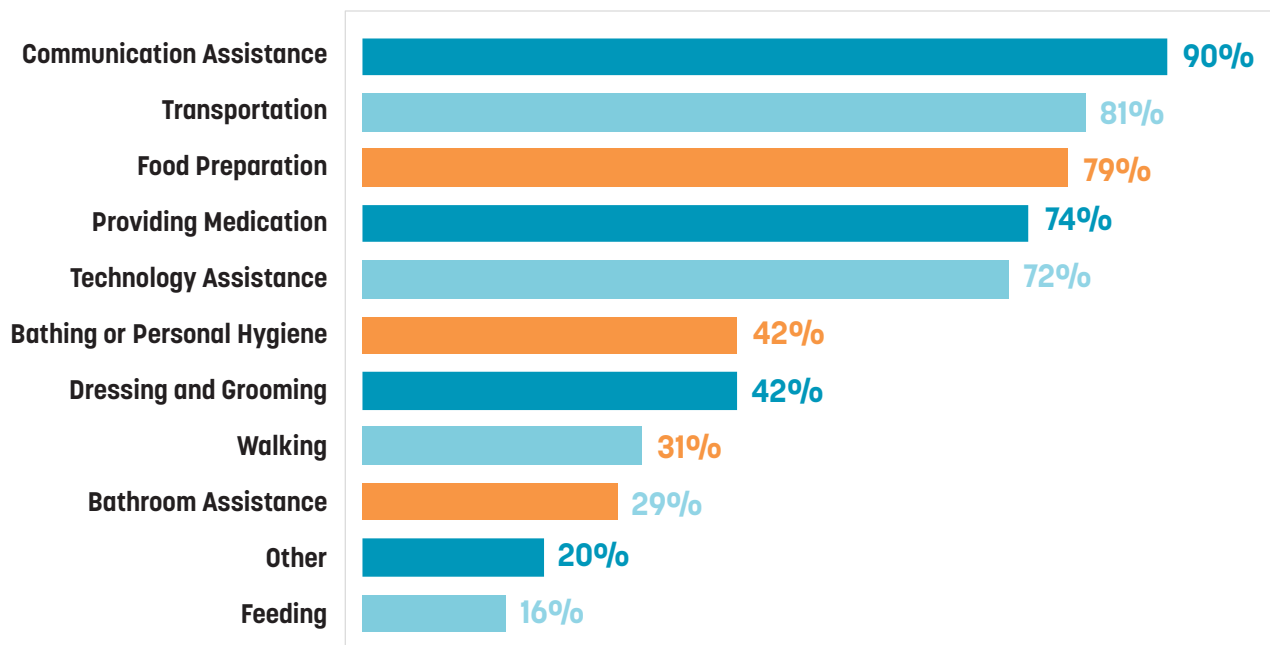




Most Common Activities Aphasia Caregivers Help With

It's not surprising to see communication assistance top this chart. Approximately 40% of survey respondents report that their loved one did not have a communication aid.

I help the person with aphasia with the following:



More than 60% of caregivers spend at least 5 hours a day providing care.

Roughly 35% spend 10+ hours a day with care-related tasks.

Things that you could do in under 10 hours:



Drive from Richmond, VA, to Niagara Falls, NY



Fly from New York City to Istanbul



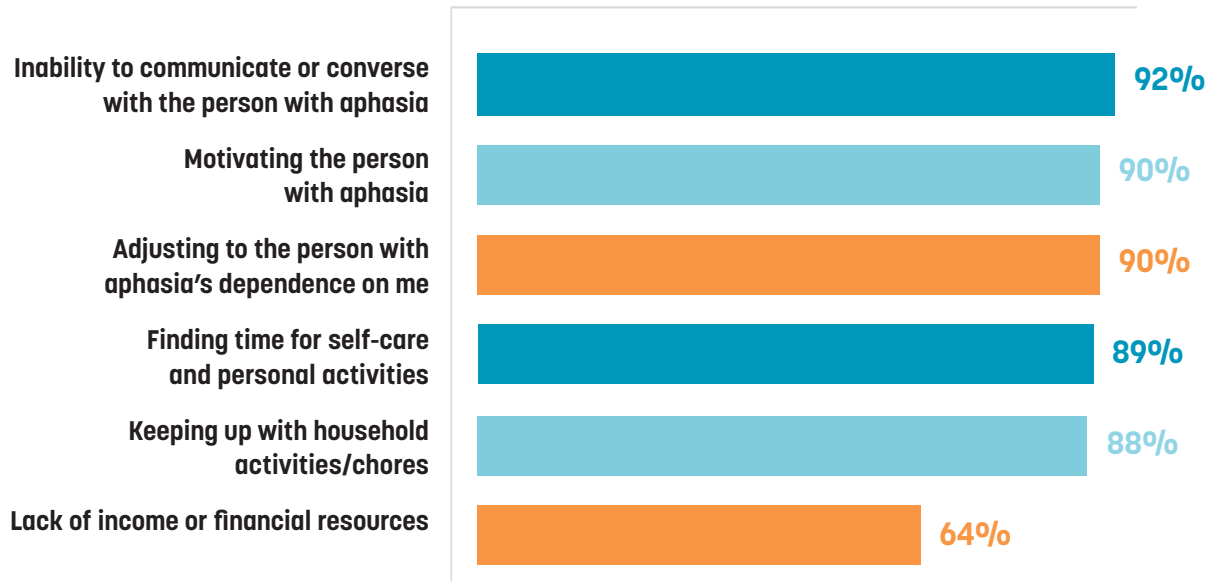
Watch *The Godfather* film trilogy in its entirety



The Biggest Challenges Caregivers Face

While communication remains the number one activity caregivers devote time to, it's also the number one challenge they face. Not being able to communicate with the person with aphasia is persistent in 9 out of 10 caregiving relationships. Additionally, motivation and dependence challenges are present in ~90% of these relationships.

It's possible that there is a correlation with these challenges. For example, one challenge, such as an inability to communicate, could amplify other challenges, such as motivation and dependence. This hypothesized correlation is an area we will aim to explore in future reports.

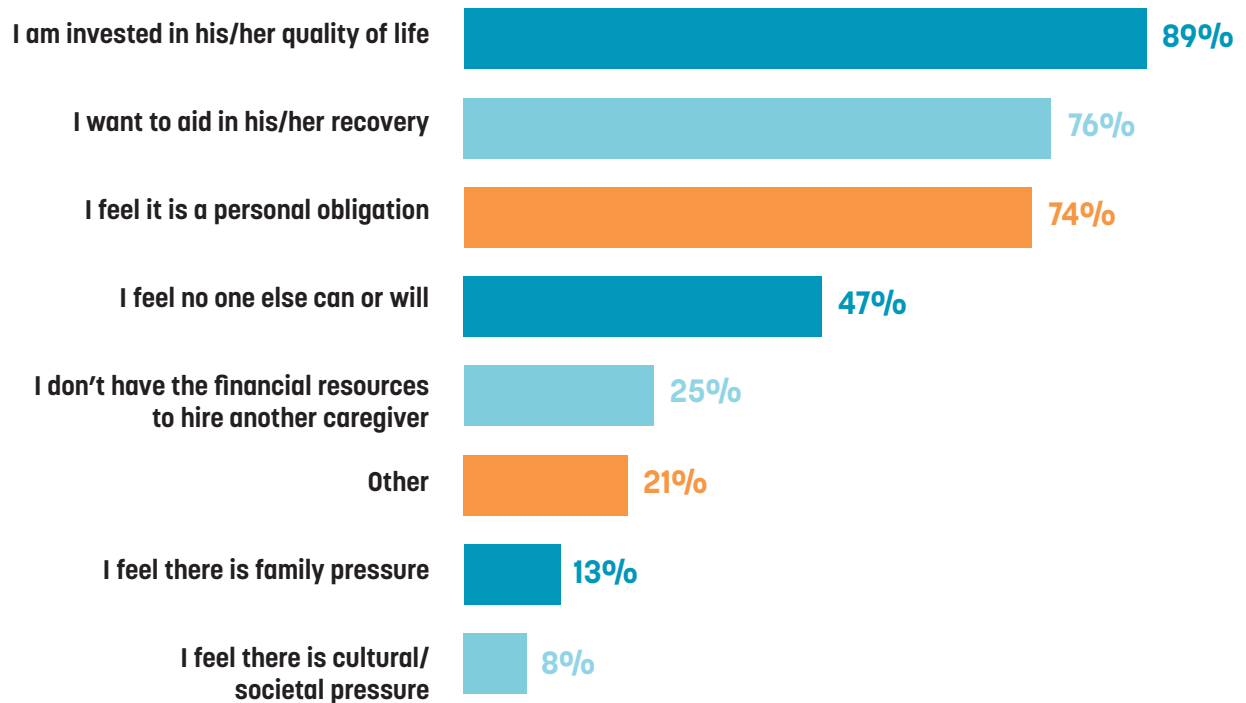


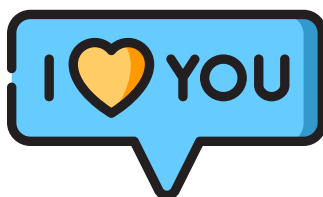


What Motivates Caregivers to Do What They Do?

Despite the challenges and roadblocks laid out in the prior findings, caregivers are motivated by what they do best: care.

I take care of the person because:





Driven By Love

When caregivers provided written details of their motivations beyond the options we provided for the “What motivates you?” question, the word love appeared more than any word:

“I love my sister”

“I love this person and he has been my soulmate for 63 years”

“I love him dearly”

“She is my wife and I love her”

“He’s my best friend and I love him”

Did you know Lingraphica customizes each of our communication devices specially for the user?



One of the most common phrases we’re asked to add is simply: “I love you”

“I love you and I know you love me always.”

“Hello, my love, how are you?”

“My beautiful wife, I love you more than spaghetti and meatballs.”



Simple Communication Devices That Offer So Much More

More than 90% of caregivers report communication as their biggest challenge.

Lingraphica communication devices are designed for people with aphasia to improve communication, speech, and quality of life. With our speech-generating devices, users can express their wants and needs with just a tap of a button. Plus, Lingraphica devices come equipped with built-in therapy and exercises to practice specific words and phrases.

See why thousands of people with aphasia have chosen Lingraphica to help face their challenges.

Schedule a device demo call us today to learn more.

Schedule a Demo

Call 866-918-5071



Caregivers Need Care, Too

Year after year, our survey reveals a number of truths. The first truth is that there are unique complexities in each and every caregiving experience. There is no universal experience. The second truth is that caregivers, more often than not, face life-altering challenges with little support.

This is why Lingraphica partnered with the Aphasia Recovery Connection to create Virtual Connections – an online aphasia support community for people with aphasia and their caregivers. Connect with other caregivers from across the world. **Live online meetups facilitated by speech-language pathologists and other aphasia experts are available 7 days a week, completely free.**

Virtual Connections is made possible through a partnership between Lingraphica and Aphasia Recovery Connection.

Classes include:

- Caregiver Open Chat
- Caregivers Circle of Support
- And much, much more
- Rebuilding Your Relationship
- Caregiver Yoga and Self Care

Sign Up for Virtual Connections Today!

About Lingraphica

Lingraphica is dedicated to helping people with speech and language impairments improve their communication and quality of life through devices, applications and resources developed by speech-language pathologists and leading researchers.

Learn more about the benefits of AAC devices at lingraphica.com/aac-devices

To learn more about us, visit lingraphica.com/about-us

