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Facebook

25 Ways to Raise Awareness of Aphasia in 2025

June is **Aphasia Awareness Month!** And 2025 is the **Australian Aphasia Association's 25th birthday!** 🎉

Aphasia is **very common**. More than **140,000 people in Australia** have **aphasia**. Hundreds of thousands of other people **love and care for** someone with aphasia. However, most people **have not heard of aphasia**, and **do not understand what aphasia is**.

So, for **Aphasia Awareness Month** in 2025, we are sharing **25 ways to help raise awareness of aphasia!**

- Some of these ideas are for **people with aphasia**.
- Some ideas are for **family members**.
- Some ideas are for **health professionals**.
- Some ideas are for **aphasia researchers**.
- **Many of these ideas can be used by anyone.**

We are sharing **ALL 25 ideas** at the start of the month. This way, you can have a look and **start planning!** **Each week** in June, we will also talk about some of these ideas **in more detail** – so keep an eye out.

If you use these ideas, please **share them with us on social media!**

25 Ways to Raise Awareness of Aphasia in 2025

1

Tell **5 people** about aphasia. Then, **ask them** to tell **5 more people** about **aphasia** as well.

- You could tell them **in person**, OR
- You could **send a video, Facebook post, or flyer**.

[Look below](#) for lots of **ideas!**



2

Follow the **AAA Facebook page!** Then, **share our Facebook posts** with your friends and family.

[Click here to visit the AAA Facebook Page.](#)

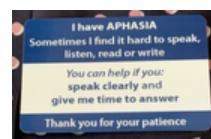


3

Make an **aphasia ID card** to keep in your wallet. **Show the card** to **other people** when you are out. You could show it to **café staff, librarians, bus drivers or taxi drivers**.

[Click here to make a FREE printable Aphasia ID card.](#)

[Click here to buy “I have aphasia” cards from the AAA shop.](#)



4

Show a **video about aphasia** to a friend, neighbour, or co-worker. This can help them **understand what aphasia is like**.

[Click here for a list of videos about aphasia.](#)

[Click here for aphasia-friendly videos about aphasia research.](#)



5

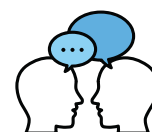
Download our **“communication tips” flyers**.

- **Show the flyers** to friends and family members, OR
- **Print some flyers**, and take them to a **local café, gym or library**.

This can **help other people** learn how to **support communication**.

[Click here to download the AAA “communication tips” flyers.](#)

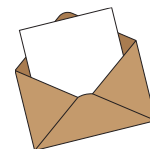
[Click here to visit our aphasia resources webpage.](#)



25 Ways to Raise Awareness of Aphasia in 2025

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Send a letter to your local politician to tell them about aphasia. This can help them understand aphasia, and support aphasia in government decisions.



[Click here for a template that can help you write a letter.](#)

7

Print some “Join the AAA” brochures.

Take them to your GP clinic or speech pathology department. This will help more people with aphasia to know about the AAA.



[Click here to download the “Join the AAA” brochure.](#)

8

Join (or start) a community aphasia group. You can meet other people with aphasia, and share your story.

[Click here to learn more about aphasia groups.](#)

[Click here for a list of local aphasia groups.](#)



9

Come to the AAA National Conference! AAA

Conferences are for people with aphasia, by people with aphasia. In 2025, the AAA Conference will be

in Sydney on 8th and 9th November. Please spread the word!



[Click here to read more and buy your tickets](#)

10

Make some art to show what aphasia means to you.

Draw or paint a picture, make a collage, or take a photo. Share it on social media, with the hashtag #Aphasia.



[Click here to see the aphasia artwork from our 2023 conference!](#)

25 Ways to Raise Awareness of Aphasia in 2025

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Join in the **#WordsForAphasia** challenge on social media!

- Think of a **word** that **shows** what **aphasia** means to you.
- **Write the word** on a **piece of paper** in **large letters**.
- **Take a photo** of yourself **holding up** your **word**.
(Or, just **take a photo** of the **piece of paper** by itself).
- **Post your photo** on **social media** with the
hashtags **#WordsForAphasia** and **#Aphasia**

[Click here for some examples and templates.](#)



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Visit the **Stroke Foundation** webpage on **aphasia** and **young stroke**. Share the **page** on **Facebook**, or **show it** to **friends and family**. This web page has lots of **information** about **aphasia** for **younger people**.

[Click here to visit the Young Stroke “Aphasia” webpage.](#)



13

“Wear” your **aphasia** loud and proud! This could be:

- a **t-shirt** or **jumper** about **aphasia**
- a **hat** with the word “**aphasia**”
- **some people** even have an **aphasia tattoo**!

These are **great ways** to **start conversations** about **aphasia** and **raise awareness** about **aphasia**.

[Click here to see some examples of people “wearing” aphasia.](#)

[Click here to buy a shirt from Aphasia Recovery Connection.](#)



14

Talk with **others** about **mental health** and **wellbeing** with **aphasia**. This can **help them** to **understand** how **aphasia** can **affect people**. It can also **remind them** to **check in** on their **loved ones** with **aphasia**.

[Click here to read about mental health and aphasia.](#)



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Run a **fund-raising event**. This could be a **bake sale**, a **morning tea**, a **dinner**, or you could **sell tickets** to a **trivia** or **movie night**.

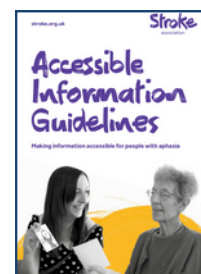


[Click here for more ideas about aphasia fundraising.](#)

[Click here to read about our Long Lunches for Aphasia.](#)

16

Ask **local businesses** to use **aphasia-friendly information**. This means using **shorter sentences**, **larger font** and **pictures**. This can be **helpful** on **menus**, **signs**, **flyers**, and **forms**. Aphasia-friendly documents are easier for **everyone** to understand!



[Click here to see guidelines on aphasia-friendly information.](#)

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Download the **Aphasia Handbook** and **show it to a friend**. The **AAA** and the **Stroke Foundation** made this handbook **together**. It has **lots of information** about **aphasia**.



[Click here to download the Aphasia Handbook for FREE.](#)

[Click here to BUY hard copies of the Aphasia Handbook.](#)

[Click here to visit our Aphasia Resources webpage.](#)

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Download the **Primary Progressive Aphasia (PPA) Guide** and **show it to a friend**. PPA is a **rare type of dementia** that **affects language**. The **PPA Guide** is a booklet with **lots of information** about **PPA**.



[Click here to download the PPA Guide for FREE.](#)

[Click here to visit our Aphasia Resources webpage.](#)

25 Ways to Raise Awareness of Aphasia in 2025

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Join in with **#RockingAphasia** on social media.

- Find a **smooth rock** or **pebble**.
- Write **#RockingAphasia** on the rock.
- **Hide the rock** somewhere (**park, bus shelter, anywhere**)
- **Take a photo** of your rock in its **hiding place**.
- **Post the photo** with the hashtag **#RockingAphasia**

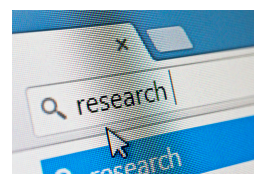


Curious people will **find the rocks**, and **look up “aphasia”**.

[Click here to learn more about #RockingAphasia.](#)

20

Be a part of **aphasia research**! You can be a **research participant**, or **help to design** aphasia research. This is a great way to **help people**, and **raise aphasia awareness**. We **share research opportunities** with our members on **Facebook** and our **member mailing list**.



[Join the AAA to hear about future research opportunities.](#)

[Visit the Aphasia Research Library to read aphasia research.](#)

21

Run an **information session** about **aphasia** in your **local community**. You could do this at a **library**, a **community centre**, a **Rotary club**, or a **U3A meeting**. These organisations are often **happy to help!** Your session could be about:

- **Understanding** aphasia
- **Supporting communication** with aphasia
- Making **businesses** more **aphasia-friendly**



[Click here for a template of PowerPoint slides you can modify.](#)

[\(They were made by the Aphasia CRE at La Trobe University\).](#)

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If you are a **family member** – **share your own experience** of **aphasia**. You could **contact** your **local radio station**, or **write** to a **newspaper**. This can **help** to **raise awareness** of **aphasia** and how it **affects families**.



[Click here for an example radio interview](#) (Bridget Noble).

[Click here for an example video interview](#) (Kim Beesley).

23

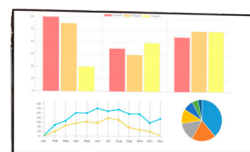
If you are a **health professional**, tell your **clients with aphasia** about **the AAA!** The AAA is **here to help** and **support people with aphasia** and **their loved ones**. We want **everyone with aphasia** to **know about the AAA**.



[Click here to download the “Join the AAA” brochure.](#)

24

If you are an **aphasia researcher**, make **aphasia-friendly video abstracts**. These are **short videos** that **explain research** in **aphasia-friendly ways**. This can **raise awareness** of **important aphasia research**.



[Click here to learn about making aphasia-friendly abstracts.](#)

[Click here for examples of aphasia-friendly abstracts.](#)

25

Join the AAA!

This **helps us** to **keep working** for **the aphasia community**. We **organise events** and **share resources** to **support people with aphasia**. We **work hard** to **raise awareness** about **aphasia**.

[Click here to become a member of the AAA!](#)