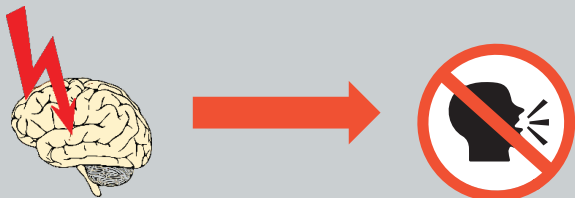
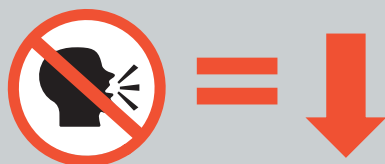


# Facts About Aphasia

**Aphasia** is a difficulty with communication, speaking or understanding words, as a result of a stroke or brain injury.



Aphasia affects communication.



- Aphasia affects approximately one in every 250 people. It is more common than Parkinson's disease, cerebral palsy, or muscular dystrophy.
- It is estimated that over 2-3 million Americans are living with aphasia as a result of a stroke.
- Aphasia occurs in people of any age, sex, race, or nationality.
- There is no end point to the recovery process for persons with aphasia. The only limitation is resources.
- People with aphasia are still intelligent and know what they want to say.

**HARC** is a non-profit wellness center for persons with aphasia. We offer various **language-based programs** that provide opportunities for participants to further their **language recovery** in a supportive environment. By coming to HARC, our members gain the **communication confidence** to live successfully with aphasia and to improve their overall **quality of life**.

## Our Mission

The Houston Aphasia Recovery Center (HARC) provides a wellness program, education, advocacy and resources for people with aphasia, their caregivers, and the greater Houston medical community, creating a safe haven where participants come for therapeutic socialization and long-term recovery.



Houston  
Aphasia  
Recovery  
Center

**Houston Aphasia Recovery Center**  
5005 Woodway Drive, Suite 110  
Houston, TX 77056

e-mail [harc@harctx.org](mailto:harc@harctx.org)  
phone 713-781-7100  
fax 713-781-7105

[harctx.org](http://harctx.org)



# How to Participate

Step 1



## Tour HARC

Call (713) 781-7100. See what HARC is all about. Tours are held on program days.

Step 2



## Assessment

Evaluation of communication and conversation skills.

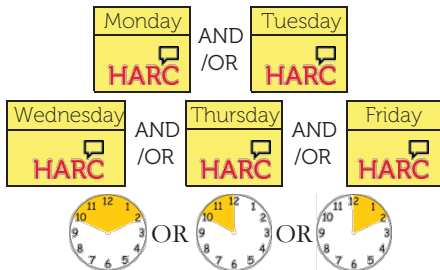
Step 3



## New Participant Orientation

Training for caregiver in Supported Communication. Orientation introduces you to programs and other participants.

Step 4



## Come to HARC!

You pick the days and times to come to HARC. Come all day or just part of the day.

# Our Programs



## Conversation

Communicating about current events or personal topics in a supportive environment



## Tech

Exploring various devices and applications that assist language and promote independence



## Music

Expressing language through music with opportunities to sing in the HARC Heralds Choir



## Art

Projects that expand thoughts and feelings without the need for language



## Book Club

Novels read and discussed in an aphasia-friendly group



## Writing

*Aphasia Speaks* newsletter created by participants to encourage writing skills



## Movement

Exercise and strengthening to increase endurance and mobility

# Program Information

Additional programs are offered daily. For a complete schedule of our programs, hours, and activities, visit us at [harctx.org](http://harctx.org).

Our caregiver program meets weekly at HARC during program hours, or individually by appointment.

## HARC en Español

¡Se habla español!

## Satellite Programs

Call about our HARC satellite programs throughout the Greater Houston area.

## How to Volunteer

We train all of our volunteers to use the techniques of **Supported Communication**. There are many ways for volunteers to participate. Some require more advanced training, but all are rewarding.

To volunteer, download our volunteer application on our website [www.harctx.org](http://www.harctx.org) and call HARC at (713) 781-7100 to speak with our staff and set up an initial appointment.

HARC's office is open Monday- Friday from 8:00am-5:00pm.

