

## Meet LC

People with aphasia and caregivers both need independence.

When I was in the hospital after my accident, I could have no food and no drink at first. Mom or Dad talked for me. No driving the car, no phone, no cooking, no grocery store, no shopping (but with my caregiver)...nothing on my own.

But, like me, people with aphasia can become independent again. Slowly these things come back: yes, going to the grocery store, again! Yes, driving! Maybe, even living in an apartment.

In the six years since my accident, stroke and aphasia, my mother and father have been my primary caregivers. When I was in the hospital, I walked with a cane; I couldn't eat or talk at all. I'm much better now; I'm walking better, eating normally and my speech has improved - I can talk more!

I'm doing things now that I could not before; I am much more independent! My mother and father will always worry about me; that's what parents do and I love them for that.

Although I have aphasia, I want to be independent and normal - like other people in my age group. Caregivers shouldn't worry if the person with aphasia gets lost, or needs help. They can use this time to visit with friends or family, go to movies, or read a book. Caregivers have to find time for themselves as well.

As much as the person with aphasia relies on his or her caregiver, each of them needs time away, to refresh their physical, mental and spiritual "batteries". Independence can be a good thing for all.