


# Telehealth Aphasia Therapy Trial

Do you have aphasia from a stroke in the last 10 months?

We are looking for people with aphasia in Australia  to trial a **telehealth aphasia therapy** called **M-MAT Tele**.

**M-MAT Tele** is a **group therapy** that aims to **improve talking** for people with **aphasia**.









A speech pathologist provides therapy to a group of **three (3)** people with aphasia.

You would receive thirty (30) hours of **online therapy**

You would do the therapy from your **home** 

Therapy would be **two hours** per day, **three days** each week over **five** weeks.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
						
	2 hours		2 hours		2 hours	

**x5 weeks**

There would be **no cost** for this therapy.

You can continue other therapy as well.

**We are looking for Australian adults  who:**

☒ Have **aphasia** from a stroke in the last **10 months**



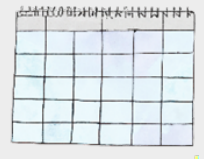
☒ Spoke **English** before their stroke



- ☒ **Don't** have any other **neurological condition** (for example: head injury, dementia)



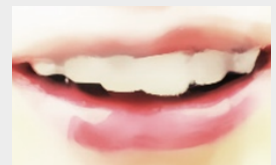
- ☒ Can start therapy **3-12 months** after their stroke



- ☒ Can use a **tablet, iPad** or **computer** for online therapy



- ☒ **Don't** have **severe** slurred speech or severe apraxia of speech (we can check for you)



## How do I participate in this research?

If you might be interested, please contact us.

Email us 

[mmat.tele@latrobe.edu.au](mailto:mmat.tele@latrobe.edu.au)

Phone 

(03) 9479 2776

Messenger 

<http://m.me/aphasiacre>

## Frequently Asked Questions

How much does **M-MAT Tele** cost?

There is **no cost** for this therapy. You will not be paid to participate.

Can I participate in any other therapy while completing **M-MAT Tele**?

You will not be able to participate in other **research** programs during M-MAT Tele.

You can continue your **usual aphasia therapy**.

Do I need to travel?

You **don't** need to travel. Everything is done **online**.

Am I the right person to take part?

Check the [list](#) above. Or, get in touch and we can check.

## Background to **M-MAT Tele**

Multi-Modality Aphasia Treatment (**M-MAT**) is a group-based aphasia intervention delivered face-to-face which focuses on improving spoken communication. Spoken output is facilitated through practice of speech, drawing, reading, writing, and using gestures. It is an intensive treatment with individuals receiving 30 hours of therapy spread across 5 weeks. Treatment is delivered in a group of 2-3 people with aphasia.

Recently, [a large, randomised controlled trial](#) (n=216) conclusively demonstrated **M-MAT**'s effectiveness in improving communication-related quality of life, word retrieval, and everyday communication in chronic aphasia. We adapted **M-MAT** to an online format (**M-MAT Tele**) with the input of people with aphasia and speech pathologists.

---

## Trial information

This research is supported by a New Researcher Grant awarded by **Speech Pathology Australia** in 2022



This research is supported by a **Stroke Foundation** grant



This study is being conducted by the **Aphasia CRE at La Trobe University**



**Centre of Research Excellence in  
Aphasia Recovery and Rehabilitation**