

Your support empowers people with aphasia reconnect and rebuild their lives.

After his stroke in 2011, 33-year-old Asif suddenly found himself living in a world where words no longer came easily. A once outgoing, well-traveled, and active person losing the ability to communicate was devastating.

Simple conversations became frustrating, and everyday tasks were a struggle. He felt as though he was starting everything over from scratch.

For much of the first year, Asif mostly kept to himself because when people came to visit, he often couldn't remember who they were.

In 2013, Asif and his wife Fahmida moved to Mississauga, where they found support through a stroke rehabilitation program. Through physical rehabilitation, Asif went from being in a wheelchair to walking with a cane.



Asif with his wife Fahmida in Mexico

Although his physical abilities were improving, he still struggled with communication.

“Before the Aphasia Institute, I wasn't talking,” explains Asif.

In 2015, Asif joined the Aphasia Institute as a member. With support from the Institute's staff, volunteers and programs—and thanks to caring donors like you—he began rebuilding his life with renewed confidence and purpose. Asif has taken part in a variety of programs, both in-person and online.

“Now, I go to four different programs online,” says Asif. “I am part of the sports group, a conversation group, doc talks group, and book group.”

These programs—made possible through your support—help people with aphasia build confidence, and connect with others who understand their journey.

“After my stroke, either people didn't understand me, or I didn't understand them,” recalls Asif. “Sometimes, even my family didn't understand me.”

Asif credits the Aphasia Institute with helping to change his life. He has learned strategies to help him remember names and numbers—two things greatly affected by the stroke. He writes the names of his friends and family in the notes app on his phone and refers to it regularly. He has also become more confident advocating for himself asking people to be patient while he speaks and to slow down so he can better understand.

“I went to my doctor and when I'm talking, I ask them to wait,” says Asif. “I ask them to speak slowly, so I understand.”

Because of his stroke, Asif was unable to return to work. Instead, he discovered a new passion.

“Before my stroke I was an accountant, and now I’m a baker,” says Asif.

He shares his creativity and joy through baking, connecting with friends and family in ways that go beyond words.

“In 2019, I started baking cakes,” says Asif. “I think seven or eight months later I could not do anything. Then I searched for a baking class.”

He enrolled in an online baking course through George Brown College, and today he runs a small business baking cakes for friends and family.

“I really enjoy baking cakes, especially chocolate cakes,” says Asif. “I have an Instagram and a Facebook page for my cakes.”

Today, Asif enjoys going for walks, cooking, and volunteering at his local mosque. He also volunteers with the Aphasia Institute, helping train healthcare professionals to better support people living with aphasia.

Support from donors like you help make opportunities like this possible—allowing people with aphasia not only to receive support, but also to share their experiences and help others.

“I’m very happy to do this,” says Asif. “I like helping other people. It’s very good for me. I feel like I’m doing something for myself and other people.”

Asif believes that staying active—both physically and mentally—helps him keep moving forward. He’s also looking forward to one day traveling again with Fahmida. He is grateful that his family and friends stood by him and learned to be patient in order to communicate. Along the way, he has also made many new friends through the Aphasia Institute.

Because of caring supporters like you, people like Asif can continue to access programs, build confidence, and reconnect with their communities.

“I already live a very full life, and I will keep working towards my goals.”

Thank you for making a meaningful difference in our client’s lives.

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Talk, Walk ‘n Roll



Life’s a Conversation