Optimizing the Experience of Flow for Adults with Aphasia by Reducing Barriers and Enhancing Facilitators

Thomas Sather
Assistant Professor
Communication Sciences and Disorders

Flow has been described as positive experiences of intense concentration, distorted time passage, and a loss of self-consciousness that result from matching task difficulty to a person’s skill level. It has been studied in many different populations and has been associated with a number of positive outcomes, including improved life satisfaction and well-being, enhancement of identity, and skill development. The authors describe the concept of flow and explain why it is important for clinicians to consider when working with adults with aphasia. Barriers and facilitators to flow among adults with aphasia are discussed, and clinical implications for optimizing the experience of flow in this population are identified.