

One SLP to Another: Practical Aphasia Therapy Ideas and Resources

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Objectives

- Identify resources to support meaningful conversation
- Identify therapeutic activities to stimulate functional language
- Review evidence-based language treatments
- Identify recently released assistive technologies for AAC
- Identify functional home exercises

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Aphasia Defined

- "Aphasia is a language problem that masks inherent competence and that has its most dramatic impact on conversational interaction (talking and understanding)...Without the ability to participate in conversation, every relationship, every life role, and almost every life activity is at huge risk. With additional reading and writing difficulties the impact is devastating."

Kagan, A. & Simmons-Mackie, N. (2013). Changing the aphasia narrative. *ASHA Leader*, Nov 18, 6-8.

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Aphasia Therapy

- Approaches
 - Impairment-based
 - Functionally oriented
- Delivery methods
 - Individual
 - Group

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Treatment for Aphasia

American Speech-Language-Hearing Association (ASHA)

https://www.asha.org/PRPSpecificTopic.aspx?folderid=8589934663§ion=Treatment#Treatment_Approaches

- Treatment approaches
- Treatment options
- Treatment considerations

ASHA Scientific Evidence

<https://www.asha.org/EvidenceMapLanding.aspx?id=8589936273>

- Systematic Reviews
- Guidelines
- Meta-analyses

Lingraphica

- Other aphasia treatment options

<https://www.aphasia.com/aphasia-resource-library/aphasia-treatments/asc-device-therapy/>

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Aphasia Treatment Evidence Tables

Welcome to the ANCDs Aphasia Treatment Website

Overview

This website includes compatible tables of aphasia treatment studies reported in the literature. The studies are grouped according to the nature of the primary outcome variable, that is, the primary dependent variable of interest.

The tables include information regarding the study design, number of participants (N), mean (SD), and phase of treatment research (PI), and the type of treatment.

You can send information to other studies that are missing from this website! Follow the link below.

[Go to Enter Studies](#)

Data Provided for Each Study

- Treatment Category (based on primary dependent variables)
- Study design
- Levels of evidence

<https://aphasiatx.arizona.edu/content/welcome-ancds-aphasia-treatment-website>

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Life Participation Approach to Aphasia

Core Values

- Explicit goal is enhancement of life participation
- Services are available to all affected by aphasia
- Assessment and intervention targets personal and environmental factors
- Success is measured by documented life changes
- Services are available as needed at all stages

by the LINA Project Group (in alphabetical order: Roberta Chappey, Judith F. Duchan, Roberta J. Elmsl, Linda J. Garcia, Aura Kagan, Jon Lyon, and Nina Simmons Mackie)

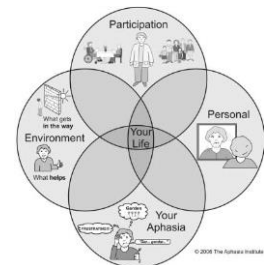
Chappey et al. (2000)

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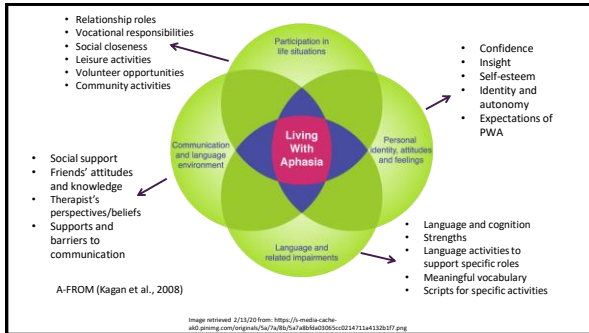
WHO-ICF

- World Health Organization's International Classification of Functioning, Disability and Health (ICF) (WHO, 2000)
- The ICF components include:
 - Body functions and body structures
 - Activities and participation
 - Personal factors
 - Environmental factors

Brown & Vickers (2000)



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What Do Patients with Aphasia Want?

- Study interviewed 50 participants with aphasia interviewed post-stroke 2011 study by Worrall and colleagues
- Return to pre-stroke life
- Communicate opinions, not just basic needs
- Information about aphasia, stroke, and available services
- More speech therapy
- Greater autonomy
- Dignity and respect
- Engagement in social, leisure and work activities
- Regaining physical health
- Help others

Linked to *Participation* domain of the WHO model

Worrall et al. (2011)

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Where to begin...

- LPA Assessment
 - What matters to the PWA?
 - Focus on participation outcomes
 - Beginning at the End

Kagan & Simmons-Mackie (2007)

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Assessment of Interests and Values

- Aphasia Needs Assessment (Garrett and Beukelman, 1997)
- Communication History Form (Kathryn Cann)
- Life Interests and Values (Haley et al., 2010)
- Aphasia Topic Interest Inventory (tobii dynavox)

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Aphasia Needs Assessment

Free Resource
<https://cehs.unl.edu/documents/sect/aa/assessment/aphasianeeds.pdf>

Appendix and Form 6-2 Aphasia needs assessment

APHASIA NEEDS ASSESSMENT
(©) 1997, revised 2006, Kathryn L. Carroll & David R. Stodderson

COMMUNICATOR: _____
 INTERVIEWER: _____ DATE: _____

HOW ARE THINGS GOING FOR YOU? Poorly So So Very Well
 1 2 3 4 5

WHERE DO YOU HAVE THE MOST DIFFICULTY WITH COMMUNICATION? (Mark all that apply)

- Talking on the phone
- Conversations with family or friends
- Conversations with strangers
- Discussions about personal business
- Comments: Transcriptions, books, playbooks, record tapes, etc.
- Documents
- Doctor/Medical settings
- Work
- Group Activities
- Understanding others
- Other: _____

WHERE WOULD YOU LIKE TO TALK ABOUT DURING CONVERSATIONS?

- Family issues about your children
- Your achievement as a young child growing up
- Dating and getting married
- Being in the military
- Your work jobs
- Your most important physicians
- Movies or movies
- Hobbies or major interests
- Family history/ancestry genealogy
- Local events
- Current events
- Sports
- Public-life economy/the government
- Weather
- Favorite music/instruments
- My favorite music/instrument to be
- My favorite and/or other special issues

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Aphasia Needs Assessment

Free Resource
<https://cehs.unl.edu/documents/sect/aa/assessment/aphasianeeds.pdf>

WHAT COMMUNICATION STRATEGIES DO YOU OR YOUR FACILITATORS CURRENTLY USE? DESCRIBE THEM, and TELL US WHEN YOU USE THEM:

Strategy 1: _____
 Strategy 2: _____
 Strategy 3: _____
 Strategy 4: _____

HOW WELL DO YOU READ? Poorly So So Very Well
 1 2 3 4 5

WHAT KINDS OF MATERIALS WOULD YOU LIKE TO READ?

- Popular Magazines
- Daily Newspaper
- Personal Letters
- Professional articles or journals
- Fiction - short books
- Fiction - long books
- Non-fiction
- Email
- Other: _____

HOW WELL DO YOU WRITE? Poorly So So Very Well
 1 2 3 4 5

WHAT KINDS OF THINGS WOULD YOU LIKE TO WRITE?

- Lists of things to buy or appointments to remember
- Bills and Invoices
- Cards
- Short personal letters
- Long letters
- Notes
- Business documents (letters, requests, memoranda)
- Journals or diary entries
- Email

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Communication History Form

Free Resource aphasiafriendly.com (Kathryn Cann)

Communication History Form

Which everyday communication activities do they engage in?

Activity	Yes	No	Other
Read	YES	NO	
Write	YES	NO	
Use a computer	YES	NO	Other: _____
Use a tablet (e.g. iPad)	YES	NO	
Answer the door	YES	NO	
Use a telephone	NO	NO	Other: _____
Manage mail/bills	YES	NO	
Use shopping	YES	NO	
Use cooking	YES	NO	
Use Public Transport	YES	NO	

Do they:

Activity	Yes	No	Other
Use a phone	Reading	Distance	Other: _____
Use a hearing aid	Left	Right	Both
Use a hearing aid	Left	Right	Both
Use a hearing aid	Left	Right	Both

Thank you for completing this form. It will help us to plan goals and therapy with your loved one.

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Functional Vocabulary Inventory

- Have familiar communication partners list off:
 - People – family, friends, neighbors, doctors, individuals in the community
 - Pets
 - Places around town (e.g. Walgreens, Publix, barbershop, place of worship, gym)
 - Restaurants
 - Work history
 - Hobbies
 - Preferred food and beverages (breakfast/lunch/dinner, snack, dessert options)
 - Medical

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Aphasia Topic Interest Inventory

Free Resource tobii dynamox

Received on 21/02/2019, http://www.tobii.com/en-52361646c-conditions/aphasia/464
http://tdvox-web-downloads.s3.amazonaws.com/Snap/Training/Aphasia_Topic%20Interest%20Inventory.pdf

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Life Interests and Values Cards

Haley et al. (2010)

- LIV Cards are a nonlinguistic, picture-based instrument designed for communicating directly with PWA about their current and desired life activities
- Sort functional activities into "current activities" and "activity preferences"

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C.A.P.E.

CONNECTING
PEOPLE WITH
APHASIA

AUGMENTATIVE &
ALTERNATIVE
COMMUNICATION

PARTNER
TRAINING

EDUCATION AND
RESOURCES

(Elman, 2013)

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Education and Resources

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Educational Videos

Aphasia: The disorder that makes you lose your words
- Susan Wortman-Jutt

- Ted Ed presentation
- 5 minutes total
- Initial 2 minutes 30 seconds describes non-progressive aphasia



<https://www.youtube.com/watch?v=GsvhbmeclA&feature=youtu.be>

What is Aphasia?

- National Aphasia Association
- 1 minute, 30 seconds




<https://www.aphasia.org/aphasia-definitions/>

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Videos

It's Still Me

- "Heart to Heart" is a song for the It's Still Me video trailer
- Depicts how individuals experience aphasia
- 3 minutes



https://www.youtube.com/watch?v=e9_dpe9Rbww

The Invisible Rain Cloud


- TBI and aphasia
- 5 minutes



<https://www.aphasia.org/stories/traumatic-brain-injury-and-aphasia/>

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Educational Website



<http://aphasiacorner.com/aphasia-simulations/what-is-aphasia.html>

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Partner Training Videos

Aphasia Etiquette


- UK Stroke Association
- How to communicate with someone with aphasia
- 2 minutes



<https://www.youtube.com/watch?v=kGaZuPnIntQ>

Aphasia: Supported Communication

- Stroke 4 Carers
- Demonstrates supported communication techniques using AAC
- 7 minutes total
- Begin at minute 4:39



<https://www.stroke4carers.org/?p=5390>

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Videos about Communication After Aphasia

What to expect when working with a speech-language pathologist
<https://www.aphasia.org/stories/how-do-you-treat-aphasia/>

Multimodal communication
<https://www.youtube.com/watch?v=KWVogM9jmEM>

Communication Tips for partners
<https://www.aphasia.org/aphasia-resources/communication-tips/>

For communication partners - *Adjusting Your Talking*
<https://vimeo.com/137513438>

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aphasia.org/aphasia-id-card/ theaphasiacenter.com strokesurvivorfitness.com verbal.care

Aphasia Wallet Cards

Free Resources

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Partner Training


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Supported Conversation for Adults with Aphasia

- Acknowledge Competence
- Reveal Competence
 - Techniques to ensure the PWA
 - Can accurately comprehend messages
 - Express messages
- Verify

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Rating Support and Participation in Conversation



- Measure of Skill in Supported Conversation
- Measure of Level of Participation in Conversation (for PWA)
 - Social Interaction
 - Transaction

Kagan, A. et al (2004)
Kagan, A., Simmons-Mackie, N., & Dunaway, C. (2004)

Free Resource <https://www.aphasia.ca/home-page/healthcareprofessionals/resources-and-tools/mscpc/>

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Conversational Coaching

- Teaching effective verbal and non-verbal strategies
 - PWA
 - Partner
- Measuring
 - Number of main concepts
 - PWA – Frequency of functional communication (multi modal strategy use)
 - Partner – Frequency of supportive techniques

(Hopper, Holland & Rewega, 2002)

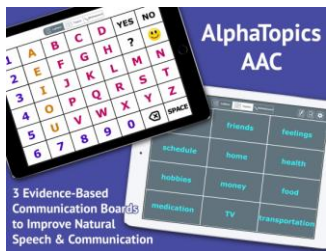
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Augmentative and Alternative Communication

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AlphaTopics – AAC by Tactus

- \$4.99
- iOS/Android
- 3-in-1
 - Letter board
 - Topics grid
 - Whiteboard



3 Evidence-Based Communication Boards to Improve Natural Speech & Communication

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Visual Scene Display (Print Materials)

University of Nebraska-Lincoln
 Augmentative and Alternative Communication
 Aphasia Templates

My dog Harley

boardmakeronline.com

Free Resource
<https://cehs.unl.edu/aac/visual-scene-resources/>

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Communication Book

- *Resource* aphasiafriendly.com (Kathryn Cann)
- *Resource* boardmakeronline.com

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Communication Book

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Communication Book

Restaurants

Around town

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Aphasia Friendly Materials

- Aphasia Friendly Resources
 - aphasiafriendly.co
- UNC Aphasia Friendly Print Material
 - www.med.unc.edu/ahs/sphs/card/resources/aphasia-friendly-printed-material/
- The Aphasia Institute
 - participics.ca
- UK Stroke Association
 - www.stroke.org.uk/what-is-aphasia

Free Resources

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High Tech AAC

Visual Scene Apps

- Scene and Heard (iOS) \$84.99
- Snap Scene (iOS/Windows) \$49.99
- Scene Speak (iOS) \$9.99

(Brock et al, 2017) <https://apps.apple.com/us/app/scene-speak/id420492342>

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High Tech AAC

Communication Apps

- Snap Core First with Aphasia Page Set (iOS) \$49.99
- Alpha Topics – AAC
- App2Speak (iOS/Android) \$179.99
- EESpeech (iOS/Windows)
- SpeechAssistant (iOS/Android) Up to \$14.99
- ChatTable \$99.99
- SmallTalk by Lingraphica (iOS)
- Alexicom (iOS/Android)
- Touch Chat - Communication Journey: Aphasia (iOS) \$149.99

https://touchchatapp.com/pagesets#pageset_communication_journey_aphasia

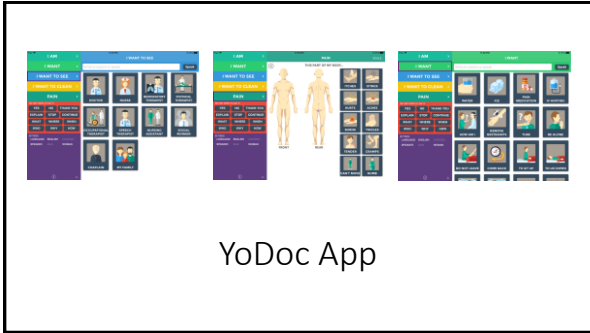
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Acute/Inpatient AAC

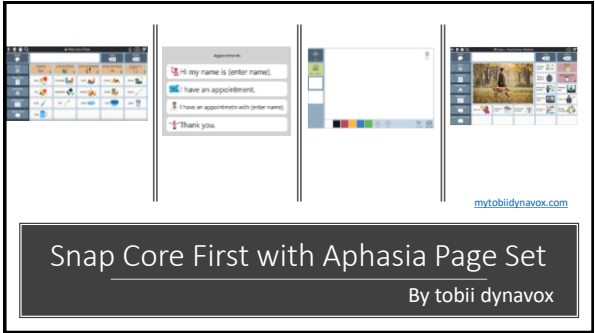
Healthcare Communication App

Trach Tools App

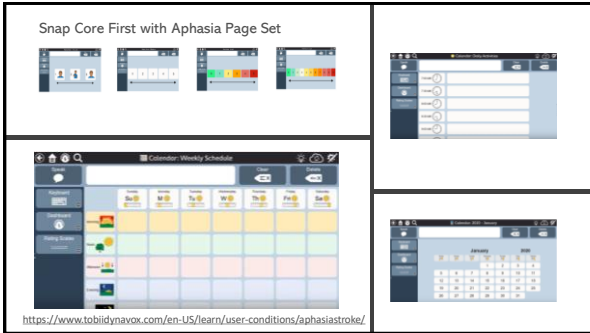
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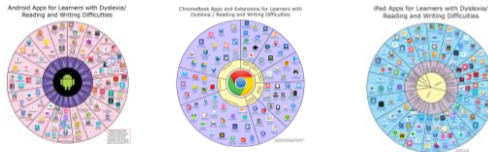
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Reading and Writing

www.callscotland.org.uk



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Reading and Writing

- Spoken (iOS/Android app)
<https://spokenaac.com/>
- Clicker (Windows/Mac, iPad, Chromebook)
<https://www.cricksoft.com/us/clicker>
- Ghotit Real Writer & Reader
<https://www.ghotit.com/dyslexia-software-real-writer-for-windows>
- Snap and Read
<https://learningtools.donjohnston.com/product/snap-read/>
- Read and Write
<https://www.texthelp.com/en-us/products/read-write/>
- Kurweil 3000
<https://www.kurzweilledu.com/k3000-firefly/overview.html>

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Reading

- Seeing AI (talking camera app for iOS/Windows)
<https://www.microsoft.com/en-us/ai/seeing-ai>
- Claro Apps (several platforms– read – write)
<https://www.clarosoftware.com/>
- Present Pal
<https://presentpal.co.uk/>
- CaptiVoice Reader
<https://www.captivoice.com/capti-site/public/entry/readers>
- Reader Pen
<https://www.scanningpens.com/>
- bookshare.org



C-Pen Reader
https://www.scanningpens.com/reading_aid_us/ci-pen_reader.html

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Treatment

- Verbal Expression (e.g. word retrieval, perseveration, organization etc.)
- Reading Comprehension
- Written Expression
- Auditory Comprehension
- Multi-modal Communication
- Supported Conversation

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Verbal Treatment Procedures

- Oral expression
 - Response Elaboration Training
 - Promoting Aphasics' Communicative Effectiveness
 - Verb Network Strengthening Treatment
 - Phonological and Semantic Cueing
 - Task Specific Training (phonological and semantic cueing)
 - Semantic Feature Analysis
 - Melodic Intonation Training
 - Script training
 - Constraint-Induced Aphasia Treatment
- (Hinckley, 2011; Salter et al, 2012; Allen et al, 2012)

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Melodic Intonation Therapy

Level One

Tap on client's left hand or forearm. May use a metronome. Higher pitch for the emphasized syllables or words.

1. Humming (x2) – no response required from patient
2. Intone the target word/phrase (x2) – no response required
3. Unison intoning - client joins in tapping and saying the target
4. Unison intoning with fading
5. Immediate repetition – intone and tap target while P. listens then patient immediately repeats target
6. Response to probe – intone an appropriate question, "What did you say?"



Hello

I am thirsty

(Norton et al. 2009; Zumbansen et al. 2014)

- Verbal material: numerous sentences of daily living
- Visual material: relevant picture for each sentence
- Intoned pattern: exaggeration of normal prosody on two notes
- Tapping with the left hand
- Lip-reading allowed

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Response Elaboration Training

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SFA

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Verb Network Strengthening Treatment

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Script Training

Good evening everyone.
 Welcome to _____'s.
 It's a pleasure to have you here.

I'm _____.
 I have been singing at _____'s for 5 years.

Tonight I am bringing you Rhythm and Blues.
 This song is called _____.

Hi _____ this is _____.
 I'd like to make an appointment.
 When can you take me?
 (Hopper & Holland, 1998)

I want to thank my wife, _____ for helping me to coordinate this event. She did everything from making reservations, contacting our award recipients, reaching out and getting the auctioning items, and arranging the tables. Without her this event would not be possible this year.

I've had a stroke.
 My comprehension is good.
 But I have trouble saying the right word.
 It's been six (6) weeks now.
 I'm going to outpatient therapy.
 working with physical therapy, occupational therapy, and speech therapy.
 I'm getting better every day.

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Making an Appointment

Employee You

I want to make an appointment

Dr. Kirshner

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Reading and Writing Treatment Procedures

- Oral Reading for Language in Aphasia (ORLA)
- Multiple Oral Re-reading
- Copy and Recall Treatment

(Beason, P. & Egnor, H 2006; Hinckley, 2011; Salter et al, 2012; Allen et al, 2012)

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ORLA

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CART

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Multi-
modality
Treatment
Procedures

- PACE
- Task specific training
- Communication partner training
- Spaced retrieval

(Hinckley, 2011; Salter et al, 2012; Allen et al, 2012)

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PACE

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A Few Others to Consider...

- Visual Action Therapy
- Gestural + Verbal Therapy
- Reciprocal Scaffolding
- Treatment of Aphasic Perseveration (TAP)

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Home Practice

- Story Creator app (***Free**)
- Animoto app (***Free**)
- Honeycombspeechtherapy.com
- Microsoft
 - Word
 - PowerPoint
 - One Note



Story Creator



Animoto

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Computer-Based Practice

- TalkPath Therapy (***Free**)
- Tactus
- Constant Therapy



<https://appliced.co/app?m=lingraphica-talkpath-therapy>

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Connecting

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Aphasia Group of Middle Tennessee

Vanderbilt Pi Beta Phi Rehabilitation Center
Medical Center East – South Tower, 9th Floor
1215 21st Avenue South
Nashville, TN 37232

To learn more, contact our program coordinator, Dominique P. Herrington, CCC-SLP at (615) 936-5051.

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