

**“The Post Therapy Phase of Recovery:
Resources and Tools for the Ongoing Development of
Cognitive – Communication Skills”**

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Creative Discharge Planning



Our Current Challenges:

- * Shorter lengths of stay
- * Limited post-acute programs
- * Advances in trauma care that lead to increased survival rates of more severe injuries/events with proportionately more severe deficits
- * An increase in the number of younger stroke patients who are still gainfully employed
- * Absence of healthcare insurance
- * Limited outpatient benefits
- * Critical shortage of services in certain geographical areas
- * Unavailability of 24 hour assist, support or supervision due to changing sociological or cultural shifts e.g. adult children who have to work, the decline of the extended family in one geographical area

Levels of Cognitive Supervision Utilized By The Speaker:

1. Independent
2. Intermittent Supervision: patient can be left alone for 3-4 hours after medication has been given and the patient has been assisted in the bathroom; family checks in via the telephone; lifeline in place
3. 24 Hour Distant Supervision: someone is with the patient at all times but is not necessarily visualizing the patient 24/7
4. 24 Hour Close Supervision: someone is visualizing or auditorially monitoring the patient 24/7

Community Based Resources : 24 Hour Supervision

1. Home evaluation prior to discharge
2. The Source for Safety Evaluation
3. 24 hour supervision calendar assessment: determining if 24 hour supervision is a realistic option after identifying which of the following supports are available to the family:
 - * family members
 - * family friends
 - * neighbors
 - * church members
 - * pastoral visits
 - * adult day care
 - * outpatient rehab time
 - * hired sitters
 - * home health care provider time
 - * evening hours:**
 - * baby monitors
 - * door alarms
 - * alarmed door mats
 - * screen door for the patients bedroom with a high lock
 - * hospital bed with 4 rails
 - * avoid the use of baby gates; they are low, can be climbed over and create a further fall risk**
4. Lifeline or other medical response system
5. Meals on Wheels (one less meal the caregiver has to prepare)
6. GPS scanner App on a smart phone
7. Short term stay in a Skilled Nursing Facility
8. Utilization of VNA/HHC services prior to outpatient services – sometimes it is a separate benefit

Community Based Resources: Creative/Functional Home Programs:

The Neurobics Theory

- * based on the premise that new neural connections occur more quickly when we engage in an activity that is new or different, and not rote
- * Pet Scans measure and provide images of actual neuronal activity
- * playing the same game repeatedly becomes a rote activity with minimal neuronal activity
- * playing a new game every day increases neuronal activity as you learn the rules, develop strategies etc.
- * can be as simple as brushing your teeth with your non-dominant hand
- * neural stimulation (rote activities) versus neural activation (non-rote activities)
- * you might actually achieve both as rote tasks become non-rote tasks in the presence of neurological damage
- * you can reference additional information about Neurobics in the following book:
 - * Katz, Lawrence C. and Rubin, Manning (1999). Keep Your Brain Alive: 83 Neurobic Exercises. New York: Workman Publishing Company



YOU HAVE JUST ENTERED THE COG/ COMM TOY STORE – ENJOY!!!!!!!

Aisle 1 *Therapy Websites and Their Applications for Use**

- * **tinsnips.org** (printable pictures all on one page – money, time, cooking, calendar, basic skills, seasonal, schedule cards)
- * **symbolworld.org** (pictorial sequences for sentence level speech or reading)

- * **mommyspeechtherapy.com** (pictures organized by individual phonemes, all positions)
- * **mnsu.edu** (comprehensive speech pathology internet resources)
- * **pearsonelt.com** (illustrative videos – identifies the idiom, explains the meaning of the idiom and then uses it in a sentence)
- * **aarp.com/games** (a variety of cognitive and linguistic games for adults)
- * **youtube.com** (type in any disorder name and you get an educational video)
- * **faculty.bucks.edu/specpop/topics.htm** (useful resource for cognitive retraining in younger and higher level clients seeking a return to school and/or work)
- * **esl-lab.com (randalls listening lab)** (pre-recorded audio scenarios of everyday life situations that can be incorporated into therapy for all aspects of cognitive/linguistic impairment. Also provides probes and suggested activities for the recordings). A table of contents is in your supplemental handouts
- * **tedtalks.com** (pre-recorded mini lectures typically 6-18 minutes in length including a vast variety of topics. can be used for note taking skills, memory, making inferences and verbal summations)
- * **tactustherapy.com** (sample letter for iPad requisition)
- * **freedigitalphotos.net** (photographs for language stimulation activities)
- * **setbc.org/pictureset** (pre-made communication boards for adults)
- * **health.utah.edu/ot/colleagues/index.html** (simulates online shopping and online bill paying as a cognitive retraining activity. Also provides a comprehensive list/review of assessments that are available to the OT (many of which can be used by the SLP)

Aisle 2 *Free Online Cognitive Games**

- * conceptispuzzles.com
- * jigzone.com
- * allstarpuzzles.com
- * websudoku.com
- * thinks.com
- * smart-kit.com
- * primarygames.com
- * brainbasher.com
- * freerice.com
- * brainist.com

- * fitbrains.com
- * gamesforthebrain.com
- * brainwaves.com
- * cognitive labs.com
- * brainarena.com
- * aarp.com/games

Aisle 3 * Sources for iPad Apps**

- * Asha Leader July 2012 – Apps for TBI Rehabilitation
- * Linked-In `s Geek SLP Group
- * I Tunes Store
- * appbrain.com – free ipad apps –extensive game category and other general categories
- * advanceweb.com - apps featured weekly - adult and pediatric
- * tactustherapy.com
- * virtualspeechcenter.com
- * putmebacktogether.com
- * yappguru.com (search apps by specific SLP categories)
- * cognitiveappreviews.com
- * aphasiastsoftwarefinder.org/app-software-list

Aisle 4 * Software Programs**

- * Parrot (cognition and language)
- * Bungalow (predominantly language)
- * Rosetta Stone (language)
- * TheraLink Products by LinguiSystems (online access to therapy materials)
- * Brain Train
- * Locutour (**learningfundamentals.com**)
- * CANTAB (executive functions and social cognition)

Aisle 5 * Computer Brain Training Programs**

- * Posit Science.com
- * HappyNeuron.com
- * Cognifit.com
- * Lumosity.com
- * Neuropsychonline.com

sharpbrains.com (online resource for product validity through market research)

Aisle 6 * Educational Games for the Wii**

- * Big Brain Academy: Wii Degree
- * Smarty Pants: Trivia for Everyone
- * My Word Coach
- * Puzzler Collection
- * Cranium Kabookii

Aisle 7 * Workbooks**

- * Lessons for the Right Brain (Pro Ed)
- * Results for Adults: Aphasia Book 1
- * Just for Adults Workbooks (Linguistics)
- * The Mind Benders Series (Midwest Publications)

Aisle 8 * Card Games**

- * Cribbage
- * Canasta
- * Poker
- * Phase 10
- * Uno
- * Solitaire
- * Skip-bo

Aisle 9 * Board Games**

- * Scrutineyes
- * Scattergories
- * Upwards
- * Scrabble
- * Outburst
- * Boggle
- * Trivial pursuit
- * Slapagories
- * Sequence
- * Tri-bond

New Arrivals:

- * Name 5 Game (players have to name 5 things in a given category)
- * Sort It Out (players have to put things in order – fastest, heaviest, loudest etc.)
- * 20 Questions Board Games (people, places and things)
- * Buzz Word (timed game where you have to solve 10 clues and all of the answers contain a specific “buzz” word)

Additional Resources For Home Programs:

1. Instructional videos on You Tube – search for a specific skill set
2. All of the **Lingraphica** free Apps
3. TBI Express

- * free!
- * communication training program for people with TBI, their families, friends and caregivers
- * The National Health and Medical Research Council of Australia
- * communication strategies toolkit
- * communication styles: do's and don't's for collaboration and elaboration
- * illustrative videos to demonstrate the differences between effective/ineffective collaboration and elaboration
- * a nice resource for family education, support groups and group therapy
- * **sydney.edu.au/health-sciences/disability-community/tbi-express/**

4. Constant Therapy (iPad App)

- * my favorite cog-comm app!
- * you can access the language and cognition content of this promising App by going to **constanttherapy.com**
- * activities are offered in both visual and auditory formats
- * very easy to use and navigate
- * can offer continuous "therapy" opportunities for your patients in the home environment
- * developed at Boston University and supported by robust ongoing research

5. Custom Boards (iPad App)

- * produced by Smarty Ears Company, \$29.99
- * create printable materials including:
 - Activities and games
 - Devices and switches
 - Signs and labels
 - Grids and boards
 - Schedules and calendars
 - Worksheets

6. Skype – Google Talk – Face Time

When creating a home program for your patient/client, your goal is to achieve both neural stimulation and neural activation (this will take into account the variability in cognitive alertness and fatigue that is experienced by all survivors of a neurological event).

An effective way to achieve this goal is to create a weekly or monthly calendar of specific activities that are to be done on specific days and specific times of day. This will optimize the likelihood of achieving both neural stimulation and neural activation as non-rote activity is facilitated.

SPEECH THERAPY HOME PROGRAM ACTIVITIES:

COGNITION:

AUDITORY COMPREHENSION:

VERBAL EXPRESSION (LANGUAGE):

SPEECH AND ARTICULATION:

SOCIAL COMMUNICATION:

READING:

WRITING:

KEYBOARDING:

ORAL MOTOR EXERCISES:

SWALLOWING EXERCISES:

VOICE EXERCISES:

OTHER:

SPEECH THERAPY HOME PROGRAM WEEKLY ASSIGNMENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

PATIENT AND/OR FAMILY COMMENTS AND FEEDBACK

SPEECH THERAPY HOME PROGRAM WEEKLY LOG

PATIENT / CLIENT: _____
CLINICIAN _____ DATES: _____

DATE:						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
AFTERNOON						
EVENING						

SPEECH THERAPY HOME PROGRAM WEEKLY LOG - GUIDELINES

1. THE FOLLOWING ARE EXAMPLES OF ACTIVITIES THAT CAN BE NOTED IN YOUR LOG:

DLA (SPECIFY WHICH DAILY LIVING ACTIVITY, E.G. SENDING EMAILS, TALKING ON THE PHONE, WRITING A LIST ETC.)

IPAD (SPECIFY WHICH APP WAS UTILIZED)

WEB (IDENTIFY WHICH WEBSITE)

WORKSHEET (WHICH GOAL AREA WAS ADDRESSED, E.G. WRITING, READING COMPREHENSION, NUMBERS, SYNONYMS ETC.)

SOFTWARE (WHICH PROGRAM WAS UTILIZED)

ONLINE GAMES (IDENTIFY THE GAME)

ONLINE PROGRAM (IDENTIFY WHICH PROGRAM, E.G. LUMOSITY)

ONLINE VIDEO (IDENTIFY TOPIC, E.G. WRITING STRATEGIES, ORAL HISTORIES, LIVING WITH APHASIA)

READING ACTIVITY (IDENTIFY SOURCE E.G. MAGAZINE, LETTER, RECIPE, BOOK, ARTICLE ETC.)

CARD GAME (IDENTIFY THE GAME)

BOARD GAME (IDENTIFY THE GAME)

Wii (IDENTIFY WHICH GAME)

SKYPE – GOOGLE MEET- FACETIME - ZOOM

2. NEXT TO EACH ENTRY, PLEASE NOTE ONE OF THE FOLLOWING SELF-ASSESSMENT CODES:

E (EASY) C (CHALLENGING) D (DIFFICULT)

3. IF YOU RUN OUT OF ROOM ON THE LOG, PLEASE CONTINUE YOUR NOTES ON THE BACK OF THE PAGE UTILIZING THE SAME FORMAT: DAY OF THE WEEK / MORNING-AFTERNOON-EVENING

THANK YOU FOR YOUR ASSISTANCE IN COMPLETING THIS VERY IMPORTANT ASPECT OF YOUR RECOVERY

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Community Based Resources: Post-Therapy Recovery

The primary goal of the post-therapy phase of recovery is engagement – we want to facilitate a reconnection between our patients and their community.

(These can also be included in the client's weekly/monthly neuro-activity calendar)

1. Telepractice Options

- * see ASHA website for current individual state provisions
- * ASHA Special Interest Group # 18 (Telepractice)
- * October 9, 2012 ASHA Leader magazine – multiple articles
- * Waldo County General Hospital in Belfast Maine offers a 2 day intensive hands on course that is accredited in the USA to provide telepractice training; you can access detailed information at: **mainespeechtherapy.org**

2. Utilize Dial-A-Ride programs for community access
3. University Speech Clinics – free or reduced fees for supervised student conducted therapy
4. Attend events at local Senior Centers
5. Gym Memberships
6. Join a walking club
7. Vocational Rehabilitation
8. Community Colleges – auditing college classes versus matriculating
9. Free online classes (credits are not earned)
10. Adult Education Programs at local high schools
11. Volunteering
12. Nursing home visits
13. Driver Education classes/Driving lessons
14. AARP Driver Safety Program
15. Blogging
16. Join a book club
17. Local library resources – audio books, newspapers, dvd rentals
18. Search **aarp.org** for adult resources
19. Support Groups – age and diagnosis specific
20. Skype – Google Talk – Face Time



