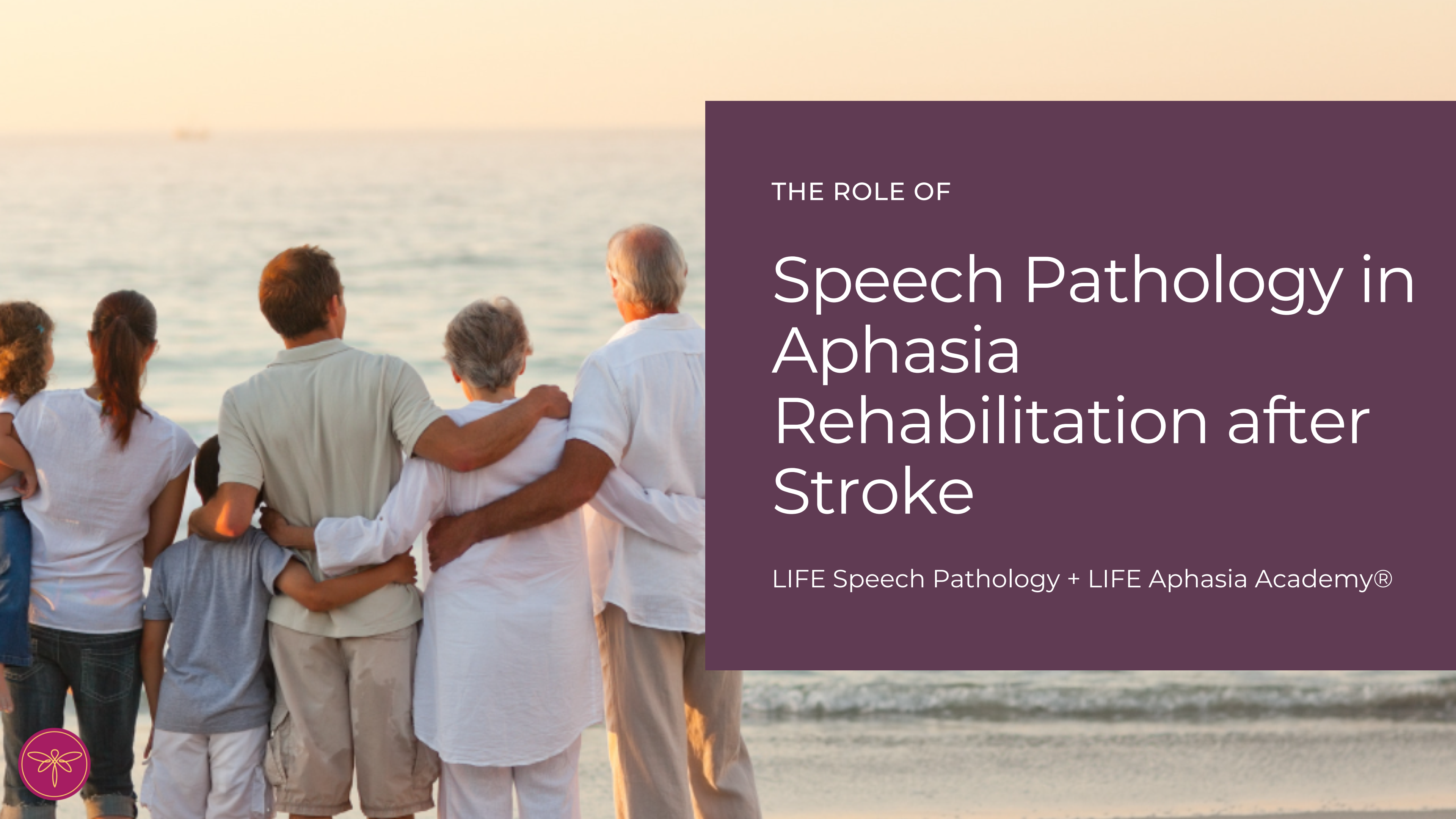




THE ROLE OF

Speech Pathology in Aphasia Rehabilitation after Stroke

LIFE Speech Pathology + LIFE Aphasia Academy®





- Founder and owner of LIFE Speech Pathology + LIFE Aphasia Academy®
 - Course: Aphasia Field Guide for LIFE After Stroke
 - Listen for LIFE Podcast
- Telepractice for SLPs
 - Administrator of the Telepractice for SLPs FB page of 25K speech pathologists working in telepractice
 - teach courses about telepractice + aphasia
- Speaking engagements about telepractice and working with the chronic aphasia population

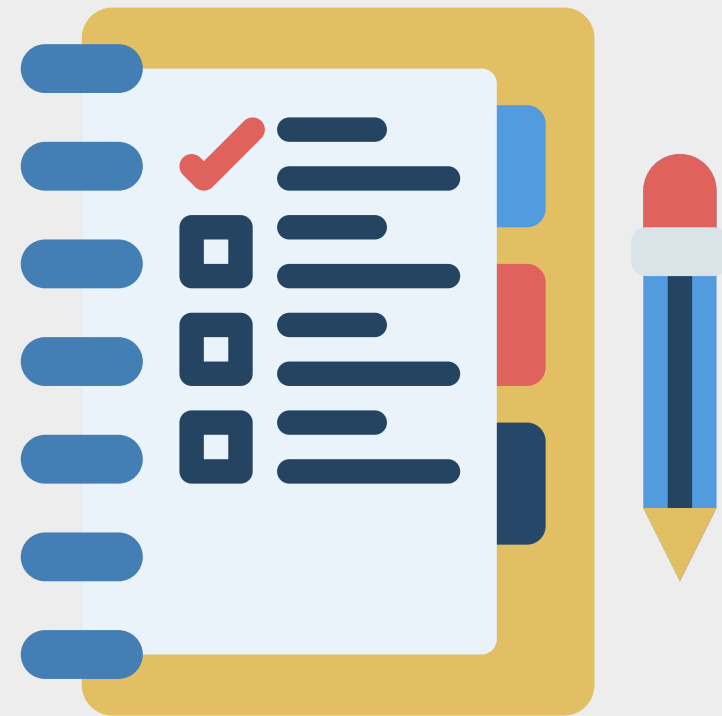




Dedicated to treating clients with chronic aphasia, apraxia, dysarthria, and cognitive-communication challenges resulting from a stroke or neurological condition and supporting these families with education, support, and resources.



Agenda



01

Aphasia Stroke Rehabilitation

02

Speech Pathology in Rehabilitation Levels

03

Telepractice for Aphasia Treatment

04

Case Managers Empowering Families



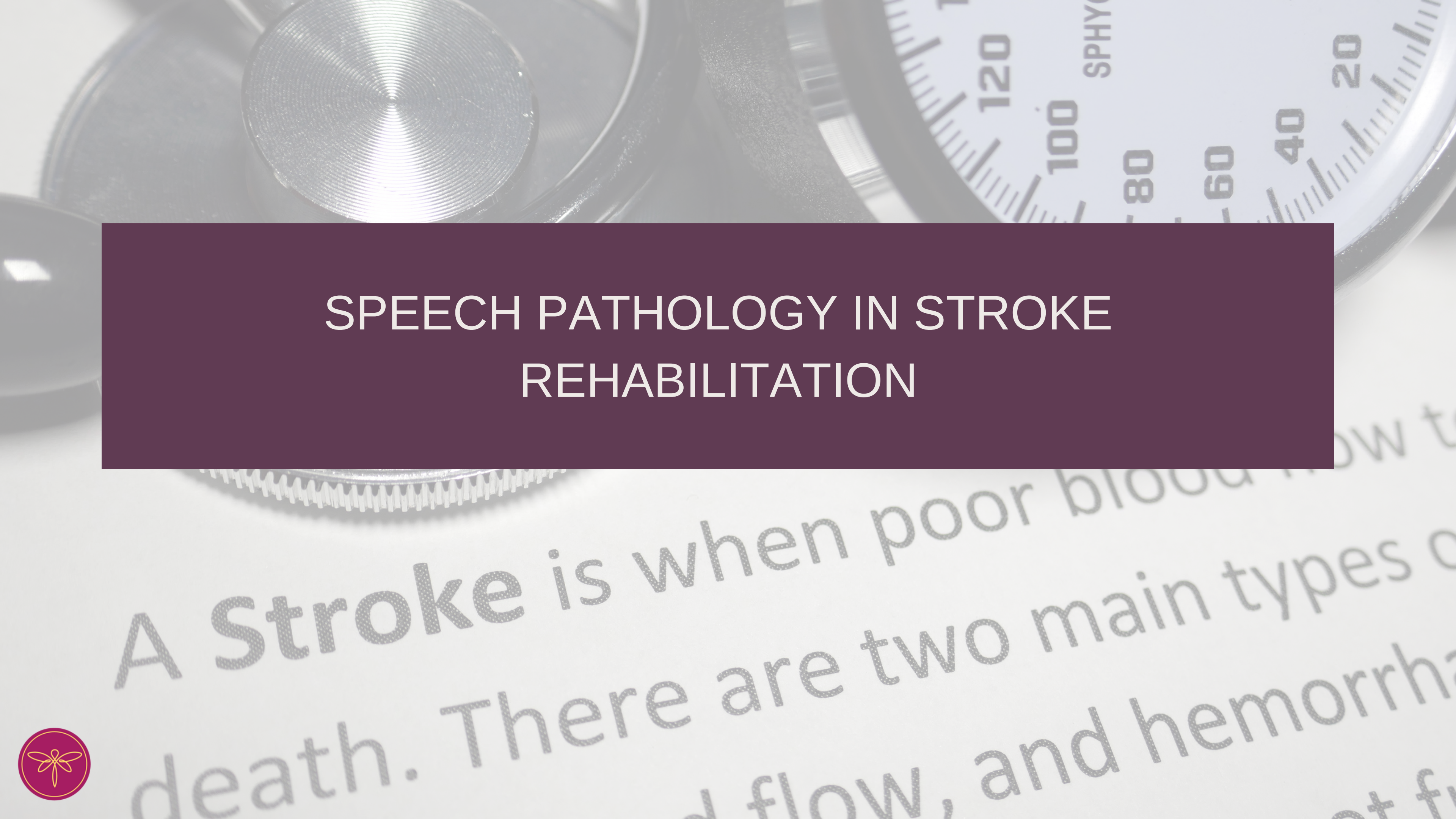
Learning Objectives

- | | |
|--------|--|
| Goal 1 | Describe how speech pathology can improve a patient's communication abilities in the rehabilitation process. |
| Goal 2 | Summarize three of the benefits of speech pathology treatment via telepractice. |
| Goal 3 | Explain two ways case managers can support patients with a speech, language, or cognitive impairment after a stroke. |



Goals



The background of the slide is a composite image. The upper portion shows a close-up of a medical sphygmomanometer, with its circular metal cuff and a gauge displaying pressure levels (20, 40, 60, 80, 100, 120) and the word 'SPHY' visible. The lower portion features a blurred text snippet that reads: 'A **Stroke** is when poor blood flow to death. There are two main types of ... d flow, and hemorrhage ... ot f'.

SPEECH PATHOLOGY IN STROKE REHABILITATION



aphasia

a communication disorder
impacting speaking, listening,
reading, writing, and thinking

apraxia

a disorder of programming
body movements potentially
impacting arm, body, and
mouth movements

cognition

thinking, knowing, judging,
problem-solving, executive
function, attention, and
memory

dysphagia

difficulty swallowing





WHAT DO FAMILIES OF STROKE SURVIVORS NEED TO KNOW?

1.HOPE

2.Not alone

3.Managing the household

a.the legal stuff - POA, Will, Trust, etc

b.managing new conditions

4.Written information is key





WHAT ARE FAMILIES THINKING?

1. they are not thinking
2. they are putting one foot in front of the other
3. they need to know where to get more information
4. they need HOPE

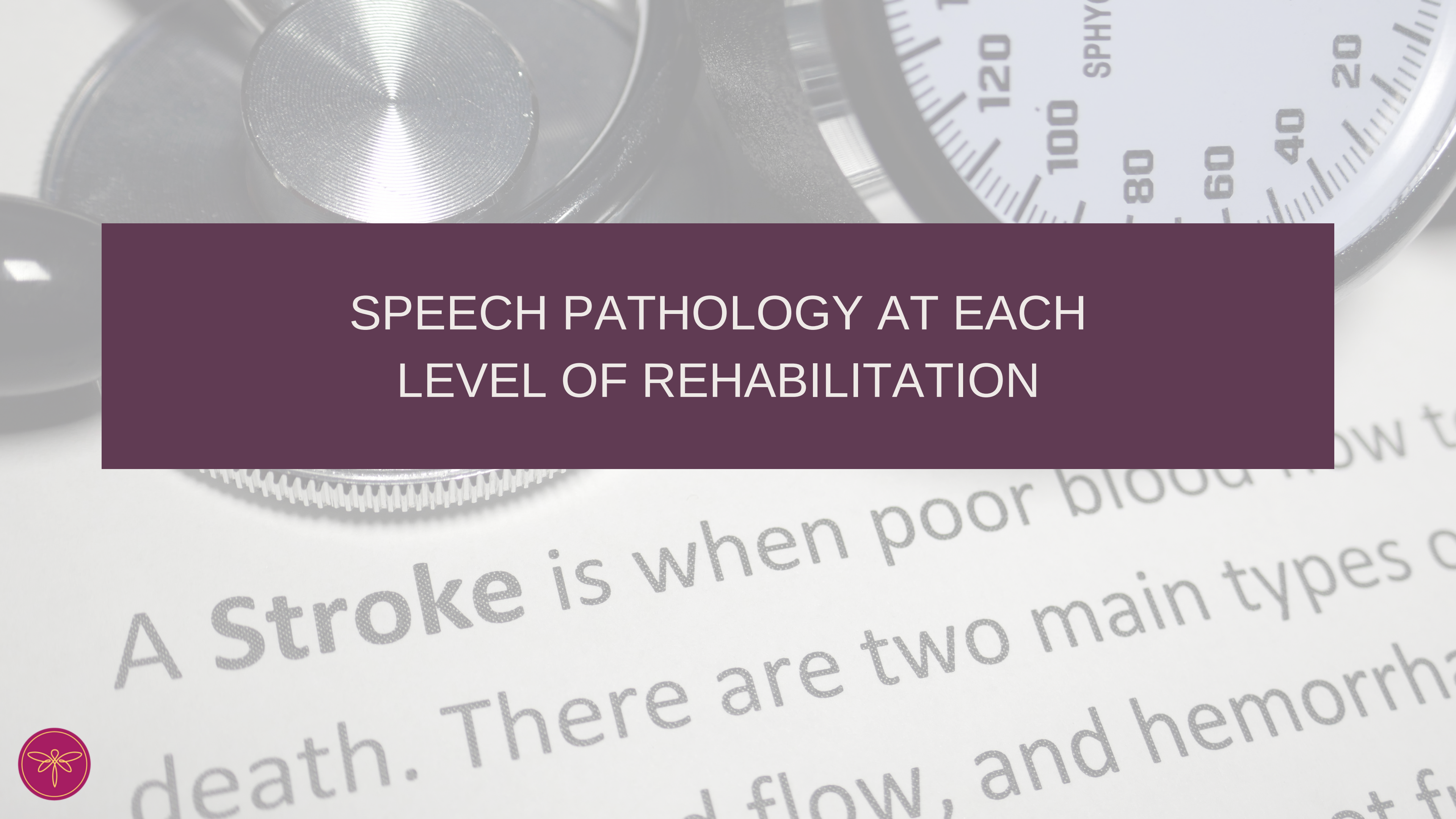




SPONTANEOUS RECOVERY

- a period of time the brain experiences healing
- 3 to 6 months
- treatment is key to maximizing spontaneous recovery during the first several months
- recovery can continue beyond this time
- THERE IS NO SUCH THING AS A PLATEAU



The background of the slide is a composite image. The upper portion shows a close-up of a medical sphygmomanometer, with its silver-colored metal cuff and a white dial with black markings. The dial has numbers for 20, 40, 60, 80, 100, and 120, and the word 'SPHY' is visible. The lower portion of the background is a light gray surface with a faint, tilted text snippet that reads: 'A Stroke is when poor blood flow to death. There are two main types of d flow, and hemorrhage'.

SPEECH PATHOLOGY AT EACH LEVEL OF REHABILITATION





Speech Pathology in Acute Medical Setting



- facilitate communication



- manage swallowing ability



- educate spouses and family



- initiate the treatment



CASE EXAMPLE

"Roger"

62-YEAR-OLD PSYCHIATRIST

MASSIVE HEMORRHAGIC STROKE REQUIRING
CRANIOTOMY AND RECONSTRUCTION

CARDIAC COMPLICATIONS

APHASIA, APRAXIA, DYSPHAGIA, AND DENSE
RIGHT HEMIPARESIS





Roger in Acute Medical Care

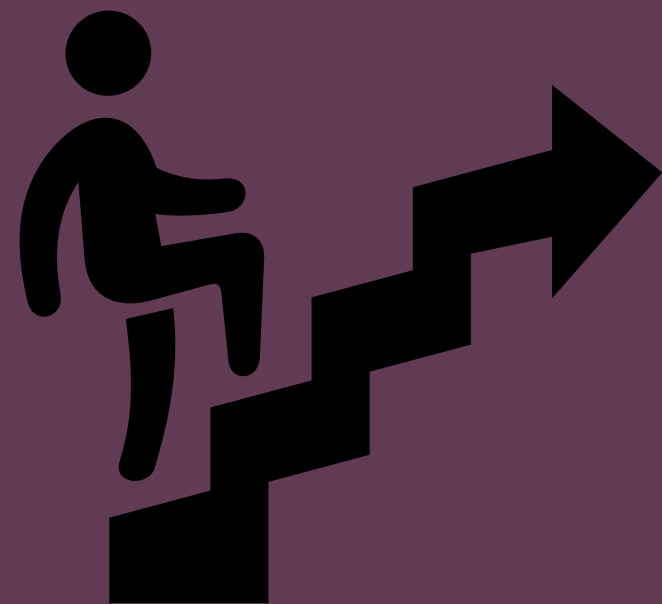
- worked with respiratory therapists and nursing to get him off the ventilator and vocalizing
- establish a yes/no response
- establish intention before a communication board helpful
- education with spouse for how to communicate, rehab process





Inpatient Acute Rehabilitation

- manage and advance swallowing skills
- improve the ability to understand and follow directions
- functional treatment with the intent to prepare the patient to return home
- multidisciplinary team training
- spouse, partner, family education



Roger in Inpatient Acute Rehab

- swallowing exercises, diet modification, strategies
- consistent yes/no responses via head nod, gestures
- pointing to needs on a communication board in the context of therapy and training with nursing for needs
- following directions in therapy





Home Health Care

Functional communication in various situations in the house

- during self-care
- meals
- therapy
- nursing visits

Train diet modification, and swallowing strategies

Work closely with OT/PT/Nursing/Social Work





Roger at Home with Home Health

- diet modification, strategies
- consistent yes/no responses via head nod, gestures
- pointing to needs on a communication board
- learning to follow verbal directions in therapy





Outpatient Hospital or Private Practice

Impairment-level treatment

Carryover or generalization of skills and strategies

Often discharged in a few months due to plateau, insurance running out





Roger at Outpatient Therapy

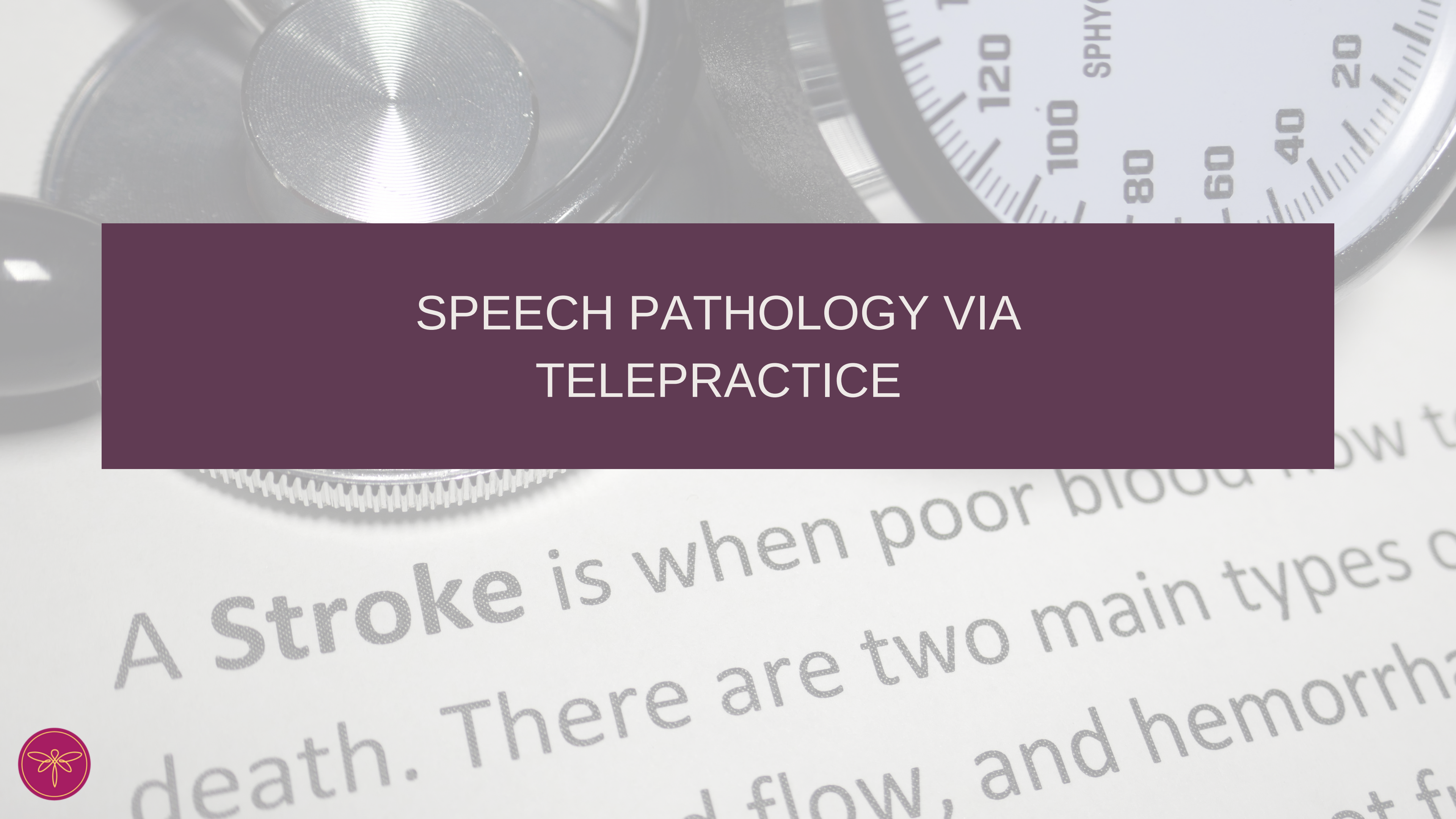
- now on a regular diet
- apraxia treatment for speech production at the word level
- following simple verbal directions
- single word reading
- spouse and caregiver education and training



MY HUSBAND CAN'T TALK

How can he be discharged
from speech therapy?



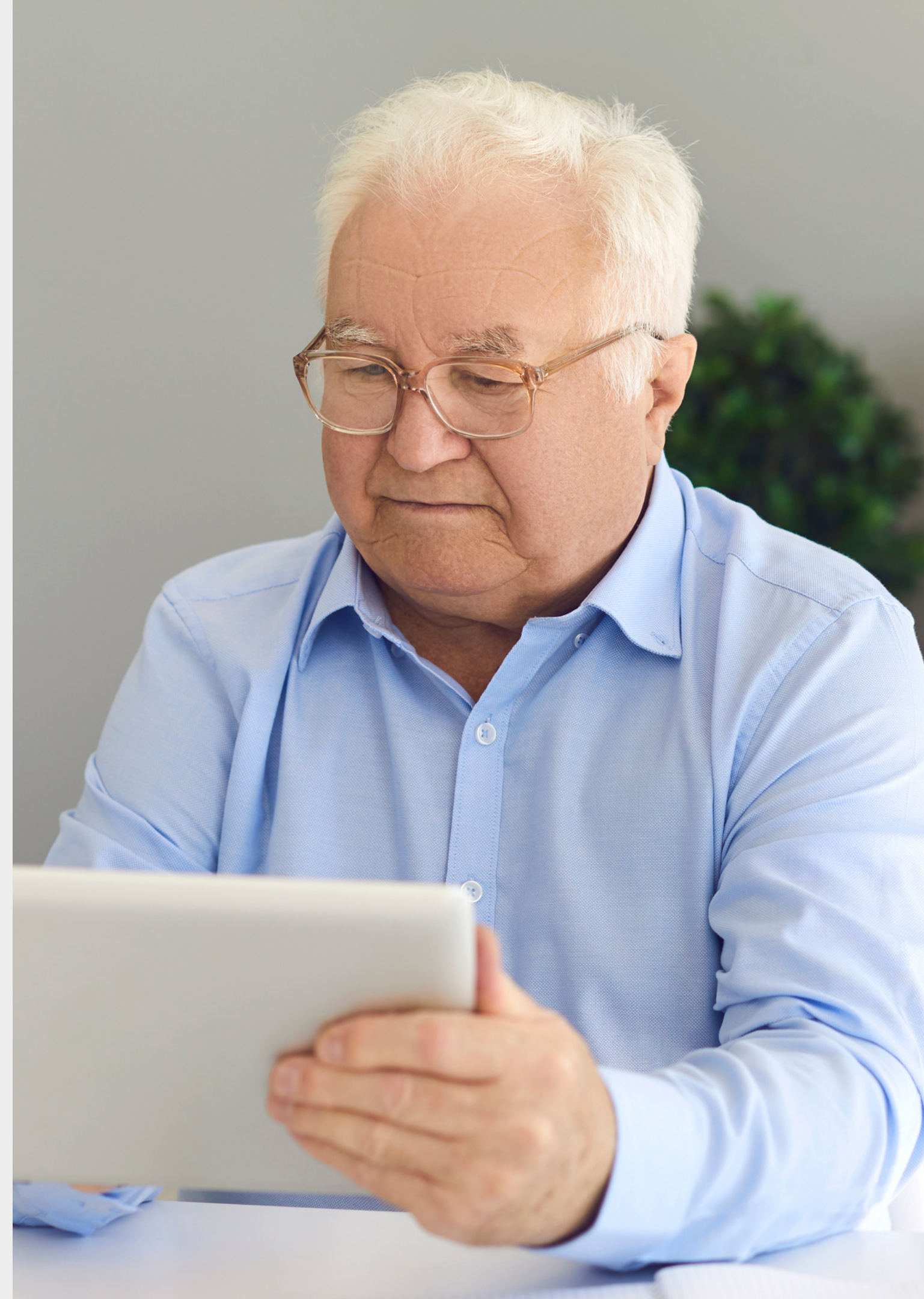


SPEECH PATHOLOGY VIA TELEPRACTICE



Zooming to the Home

- 1.receive specialized services from clinicians who work with chronic speech, language, and cognitive conditions
- 2.eliminate geographic constraints
- 3.rehabilitation doesn't stop after discharge
- 4.can be better than in-person treatment
- 5.challenges mental flexibility



Telepractice

- medically necessary treatment
- part B Medicare
- laptop, desktop, or tablet
- HIPAA compliant





Telepractice Candidates

- self-motivated
- have goals to achieve
- believe they can improve
- are willing to work





CASE MANAGERS EMPOWERING FAMILIES



A hand is pointing at a tablet screen. The screen displays the words 'CASE MANAGEMENT' in large, bold, blue capital letters. Below the text is a row of five icons: a pie chart, two interlocking gears, a bar chart with an upward arrow, a person wearing a headset, and a clock face. To the left of the text, there is a small inset image of a building. The background of the screen is light gray with faint, larger-scale geometric patterns. The hand is in the foreground, with the index finger pointing at the screen.

CASE MANAGEMENT

Give HOPE

- Progress doesn't stop at discharge
- Rehab is a process that takes time
- Challenge the notion of a plateau
- Therapy alternatives and not settling
- Resources and treatment available after insurance



Empower Families

- Track medical information and medications
- Teach families how to be the case manager
- Help the spouse advocate for what she needs from medical professionals
 - keep a medical journal
 - medicine changes
 - symptoms and info for the physician



The background of the slide is a composite image. The upper portion shows a close-up of a medical sphygmomanometer, with its circular pressure gauge and the 'SPHY' label visible. The lower portion features a blurred text snippet from a document, which reads: 'A **Stroke** is when poor blood flow to death. There are two main types of and flow, and hemorrhage not for'.

COMMUNICATION STRATEGIES



Speak slightly slower

Pause

Written information

Reflect back



Two Ebooks Available for Families

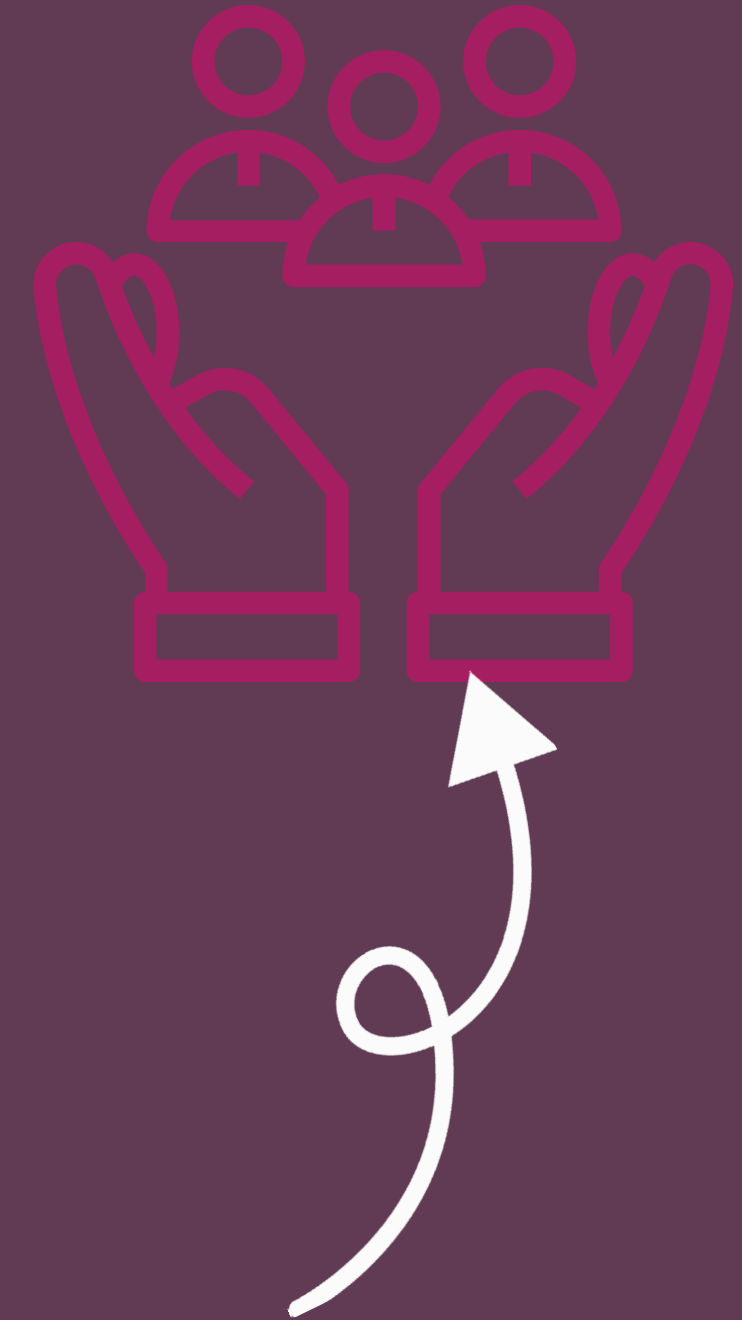
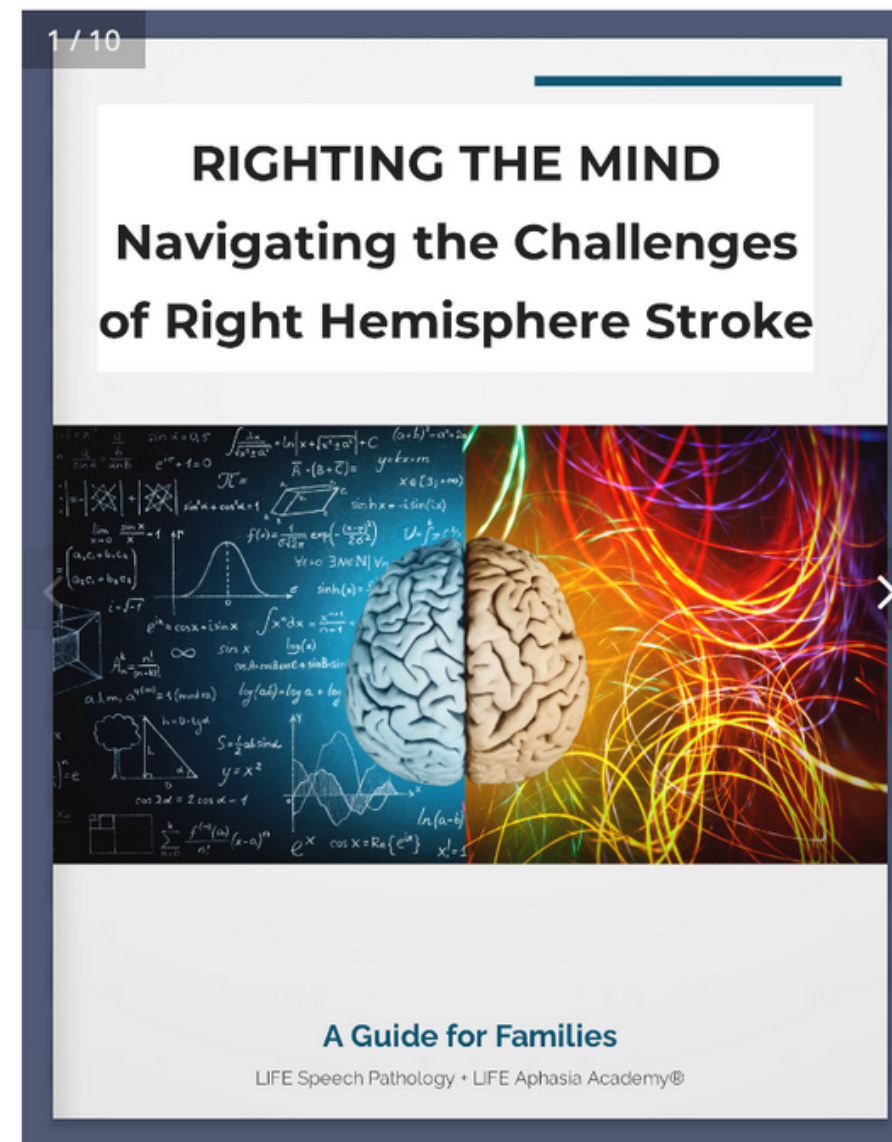
Left of Center: Navigating the Speech & Language Impact of a Left Hemisphere Stroke Ebook

A Guide for Families



Righting the Mind: Navigating the Challenges of Right Hemisphere Stroke Ebook

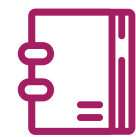
A Guide for Families



Grab the ebooks here



Free Resources



[Glossary of terms for case managers -- a fifteen-page PDF with the most relevant terms](#)



[Communication board](#)



[Listen for LIFE podcast](#)



[Additional resources](#)
DoLIFESpeechPatholgy.com





Give Hope

Empower Families

Help Families
Advocate





THANK YOU!