Therapy in your pocket: Portable activities for the clinician on the go

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Disclosures:

• Financial disclosure: The presenters have no proprietary interest in any product, instrument, device, service, or material discussed. Dr. Weatherill is employed by the University of West Georgia, and Emory Healthcare. Ms. Landers and Ms. Jones are employed as graduate assistants for the University of West Georgia.

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Learning Goals:

1) Discuss evidence regarding psychosocial and functional treatment approaches from the literature.

2) Identify application of functional treatment principles to your session.

3) Identify how to incorporate three new activities into your session.

Introduction

• Medical SLPs treat patients in a variety of settings and circumstances, often traveling from room to room or site to site.

• Difficult to carry a lot of materials.

• Creates need to have a multi-functional approach and treatment materials.

• Need to promote carry over to home/outside treatment practice.

Outline

• Psychosocial and functional treatment approaches in adult neuro-rehabilitation

• Motivational aspects of functional treatment

• Item selection

• Activities and materials for “your pocket”

• Share your favorite

• Take away

• Questions

Handout available in session

• Make sure to pick up your detailed handout of 100+ ideas, activities, tasks, and resources to be discussed in this session.
Psychosocial approaches

- Social model approach
- Life participation approach to aphasia (LPAA)

These approaches are not treatment methods per se, but frameworks that shape how treatment is approached and which tasks are selected.

- Shift from traditional medical model to person-centered

Social model approach (Byng & Duchan, 2005)

Focuses on:
- Equalizing therapeutic relationships
  - Patient driven
  - Accountability to patient
  - Authentic experiences
  - Engaging experiences

LPAA (Elman, 2016)

- Emphasizes activities in everyday lives
- Prepares patients for community involvement
- Goal to enhance life participation
- Measured by change in life enhancement
- Addresses personal and environmental factors
- Availability of service to all
- Benefit from authentic social opportunities

Motivational aspects (Shill, 1979)

- Quality of therapeutic relationships (respect for personhood)
- Level of anxiety
- Opinions of support system and self
- Cognitive aspects/areas of damage
- Realistic goal setting
- Comprehension
- Non-verbal communication
- Availability of information

Principles of experience-dependent neural plasticity (Kleim & Jones, 2008)

- Use it or lose it
- Used it and improve it
- Specificity
- Repetition matters
- Intensity matters
- Time matters
- Salience matters
- Age matters
- Transference
- Interference

Skilled therapy

- What makes therapy skilled?
- How can we reflect the skilled aspect of the service we provide when using household items, functional tasks, games and apps?

- CMS guidelines

Skilled therapy
Practice/follow through logistics
- Patient driven goals
- Family/staff carryover
- Time
- Social situation
- Financial
- Individual or cultural preferences

Item selection
- Free or inexpensive
- Readily accessible
- Easily linked to patient goals
- From a variety of sources
- Age appropriate
- Appropriate technology level
- Functional
- Portable
- Flexible

Categories
- In room
- Daily activities
- Physical items
  - Games
  - Paper pencil
- Virtual items
  - Apps
  - Websites

In room
- Household items
- Hospital room items
- Therapy room items
- Discussion of selected items

Daily activities
- Getting dressed
- Taking medications
- Household tasks
- Discussion of specific tasks and applications

Physical items in your pocket
- Physical items
  - Games
  - Paper pencil
  - Commercial therapy materials
- Discussion of specific items
Items in your virtual pocket

- Virtual items
- Apps
- Websites
- Discussion of specific items

Take away

- Psychosocial and functional treatment approaches in adult neuro-rehabilitation form a valid framework for application to therapeutic tasks and goals
- Consider motivational aspects of intervention
- Allow for individual choices to increase meaningful interventional activities
- Numerous available activities and materials for "your pocket"
- Engagement in "life" is therapeutic and is supported by neuroplasticity principles

References