



Speech Therapy for Persons with Cognitive Impairment

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Speech and Language Goal

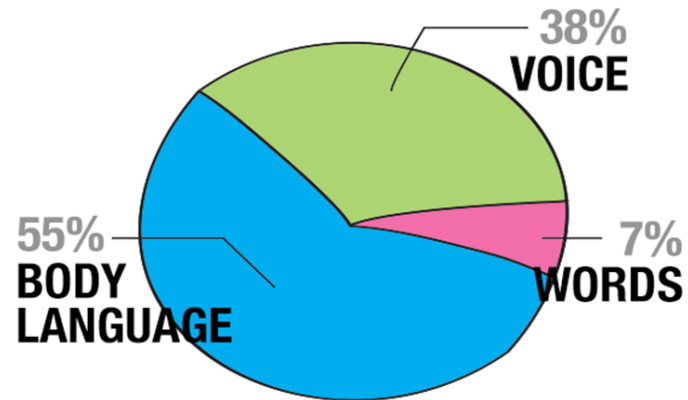
- To be heard and understood by others and to effectively communicate (via verbal and/or non-verbal means), utilizing communication compensatory strategies for increased socialization with others.



When approaching a person with Dementia and starting a conversation:

- Come from the front, identify yourself, and keep good eye contact.
- If the person is seated or reclined, go down to that level
- Call the person by their preferred name to get his or her attention
- Use short, simple phrases and repeat information as needed. Ask one question at a time
- Speak slowly and clearly. Use a gentle and relaxed tone
- Patiently wait for a response

Non Verbal Communication



Mehrabian & Ferris' research results of communication during a presentation.
"Inference of Attitude from Nonverbal Communication in Two Channels"
The Journal of Counselling Psychology 31,
S. 248-252, 1967

Dementia Communication 101

- It Matters As Much as Words

- Facial expressions

- Tone

- Time

- Touch

- Tenderness



Gestures

- Gestures: counting with fingers, high five, shaka, peace, fist pump, pointing to desired item



Reminiscence therapy

Use of pictures
(family, friends,
happy occasions)
as a conversational
tool

Have Pictures of
close family and
friends and happy
occasions for
reminiscing



When you begin to hear an elder's story,
you'll be glad you asked.

A Strong Voice

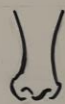
- Vocal strengthening exercises: “Breathe Deep, Then Speak” helps our vocal cords vibrate in a healthy manner, encourages increased airway protection and promotes increased vocal projection.
- Take a Deep Breath and then Say “ha-ha-ha”, “ho-ho-ho”, “hee-hee-hee”



Speech Recovery Goals

CLEAR SPEECH TECHNIQUES

VOCAL
COMMUNICATION



BREATHE DEEPLY



USE WIDE MOUTH
MOVEMENTS



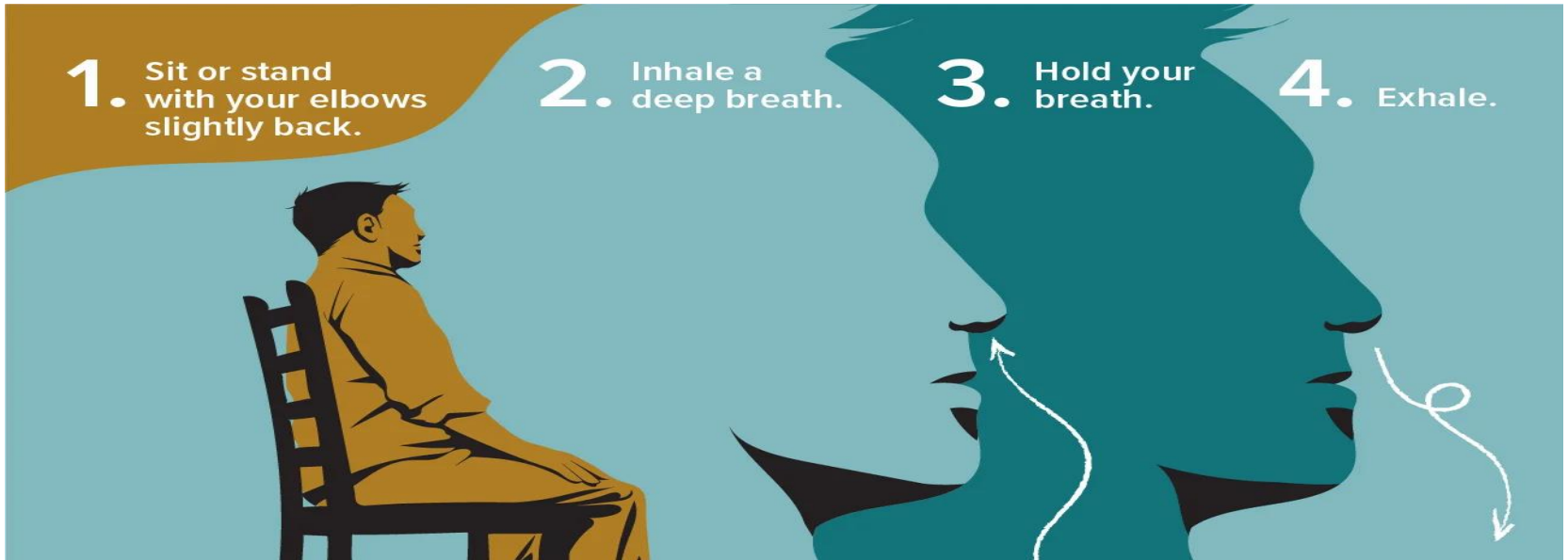
LOW PITCH



SLOW RATE

Deep Breathing

- Warm up with a deep breathing exercise to promote relaxation
- Take a deep breath in through the nose and then blow the air out slowly through the mouth



Exercises

- Oral-motor exercises strengthen and uplift our mouth muscles for improved speech and safe swallowing skills. Say these vowel sounds with wide mouth movements to exercise your oral muscles:
- Open your mouth wide and say “ah”
Spread your lips and say “ee”
Round your lips and say “oo”
Open your mouth wide and say “ay”
Round your lips and say “oh”



VOWELS and CONSONANTS EXERCISES

SAY "ah ee oo ay oh"

LOW PITCH

SAY "OH HELLO"

"HOW LOW CAN I GO?"

"VERY LOW"

"WAY TO GO"

"HO-HO-HO"

"ALOHA"

"MAHALO"



Positive Affirmations

- Reciting positive vocal affirmations to build their self-confidence and to practice clear, positive, uplifting speech with increased volume



ABCs of Positivity

- I AM AMAZING!
- I AM AWESOME!
- I AM BRAVE!
- I AM BRILLIANT!
- I AM CHEERFUL!
- I AM COURAGEOUS!



Singing

- Singing allows familiar words to flow from our long-term memory and helps to increase speech fluency
- Singing favorite tunes can help the recall of lyrics

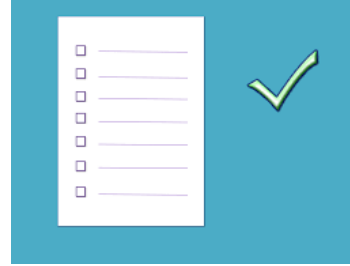


Home Environment

- A wall clock in the home and wearing a wristwatch with big number display for orientation to time
- Written reminders around the house to remember important things
- Container to place important belongings (keys, wallet) in a familiar location
- Wrist coil keychain with keys that person can wear wherever they go
- Pillbox with days of week (am & pm) for daily medication management



Lists and Notebooks



- A calendar for daily orientation to date and to record important appointments and upcoming events
- Create things-to-do list & shopping list and check off items after completion
- Create a list of the names of close family and friends for rehearsing names
- Have a list of Important emergency contacts and their phone numbers for ready reference
- A memory notebook to record important information, daily activities and to jot thoughts for later recall
- Keep a small notepad and pen in pocket or in purse to write notes to remember

*When in doubt, recommend ST
evaluation!*