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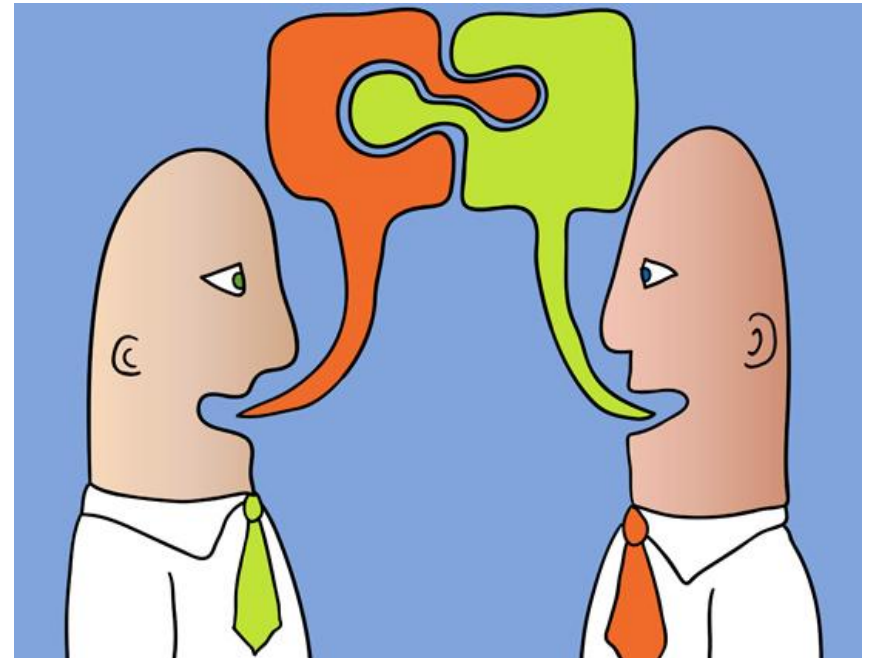
Practical Communication Strategies for Individuals with Primary Progressive Aphasia / Frontotemporal Dementia

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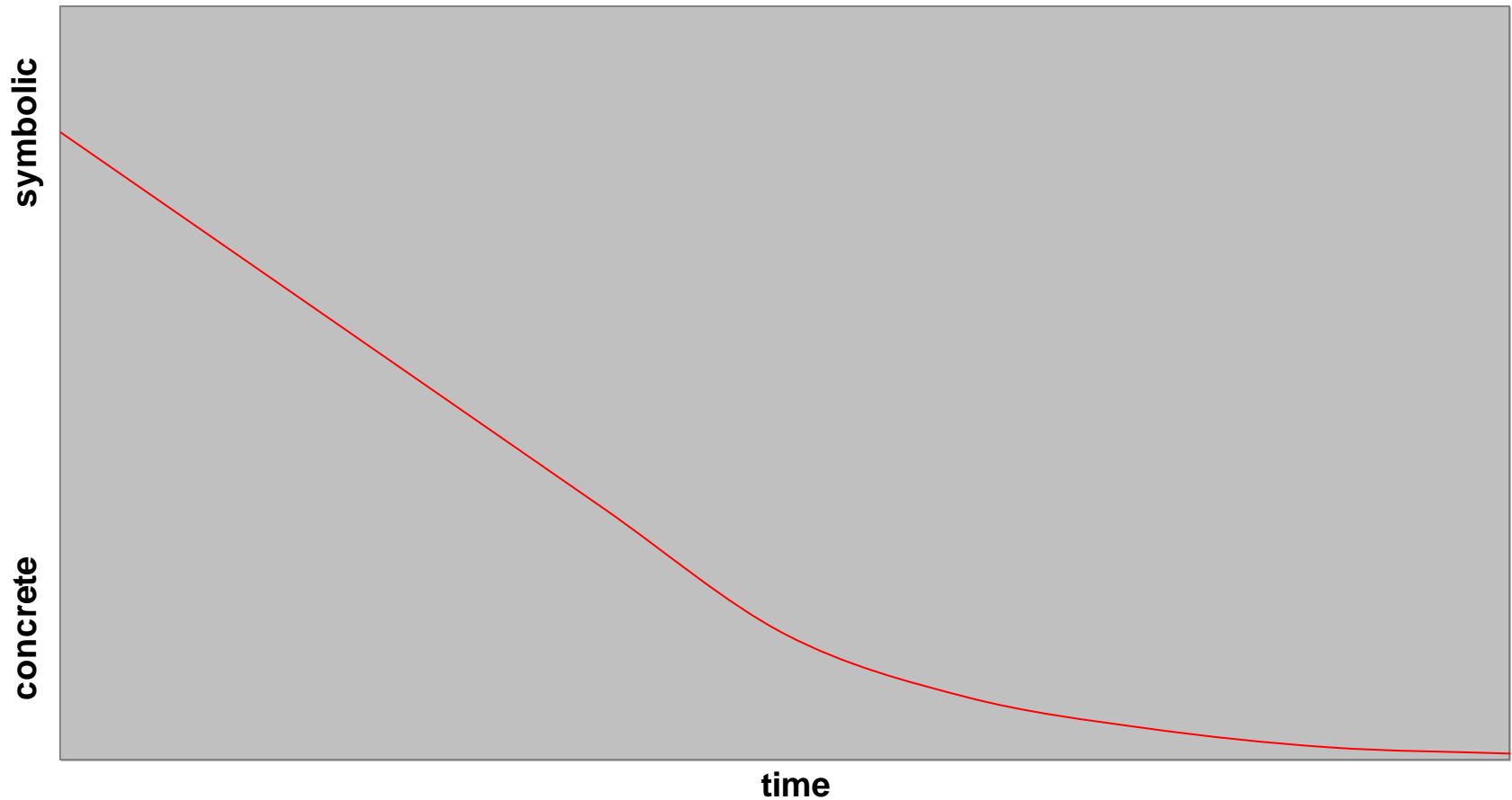
FTD Caregiver Education Conference
Raleigh, NC July 25, 2012

Communication

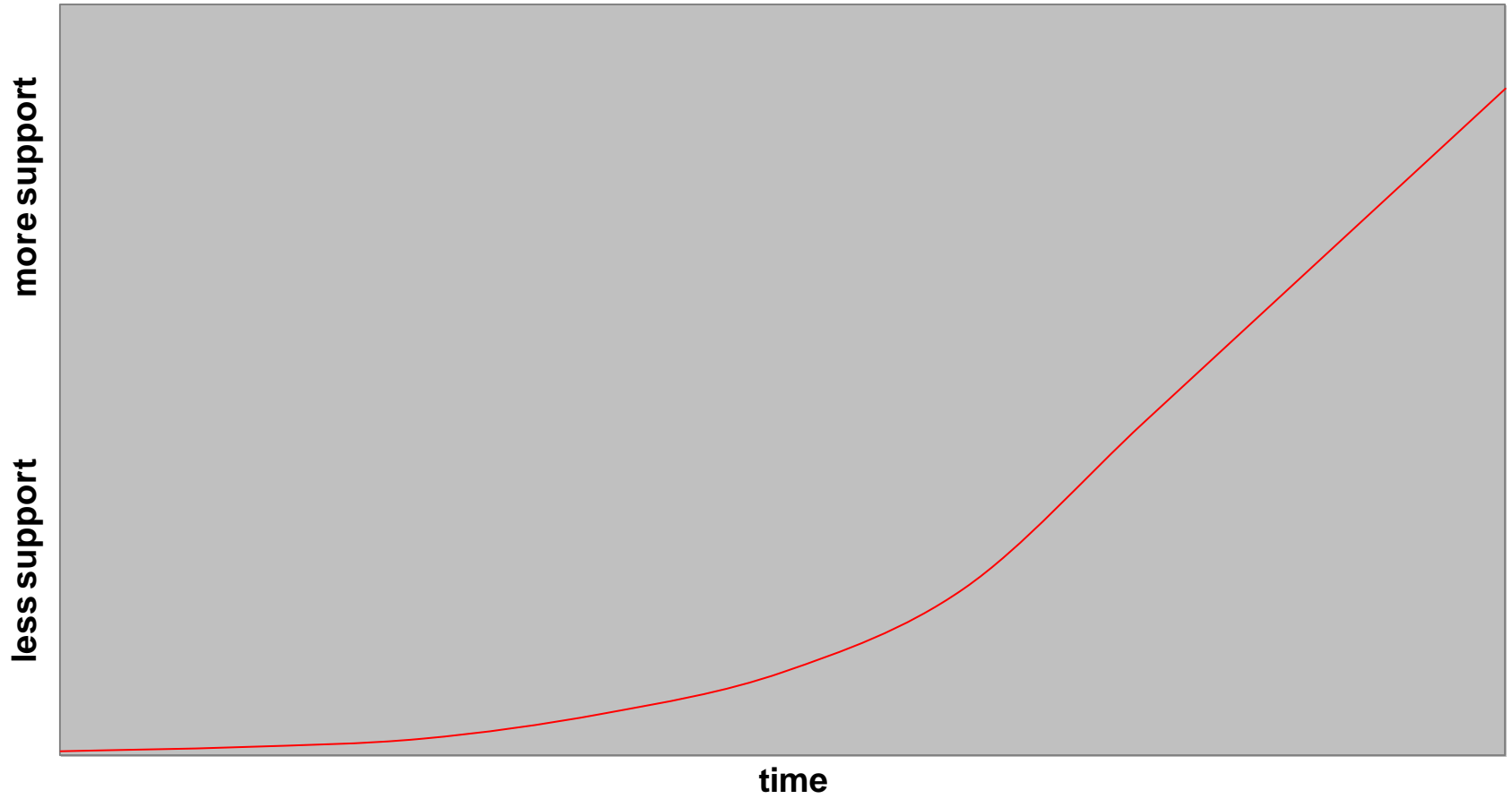
- Basics of communication
- Elements of communication
- Concrete vs symbolic



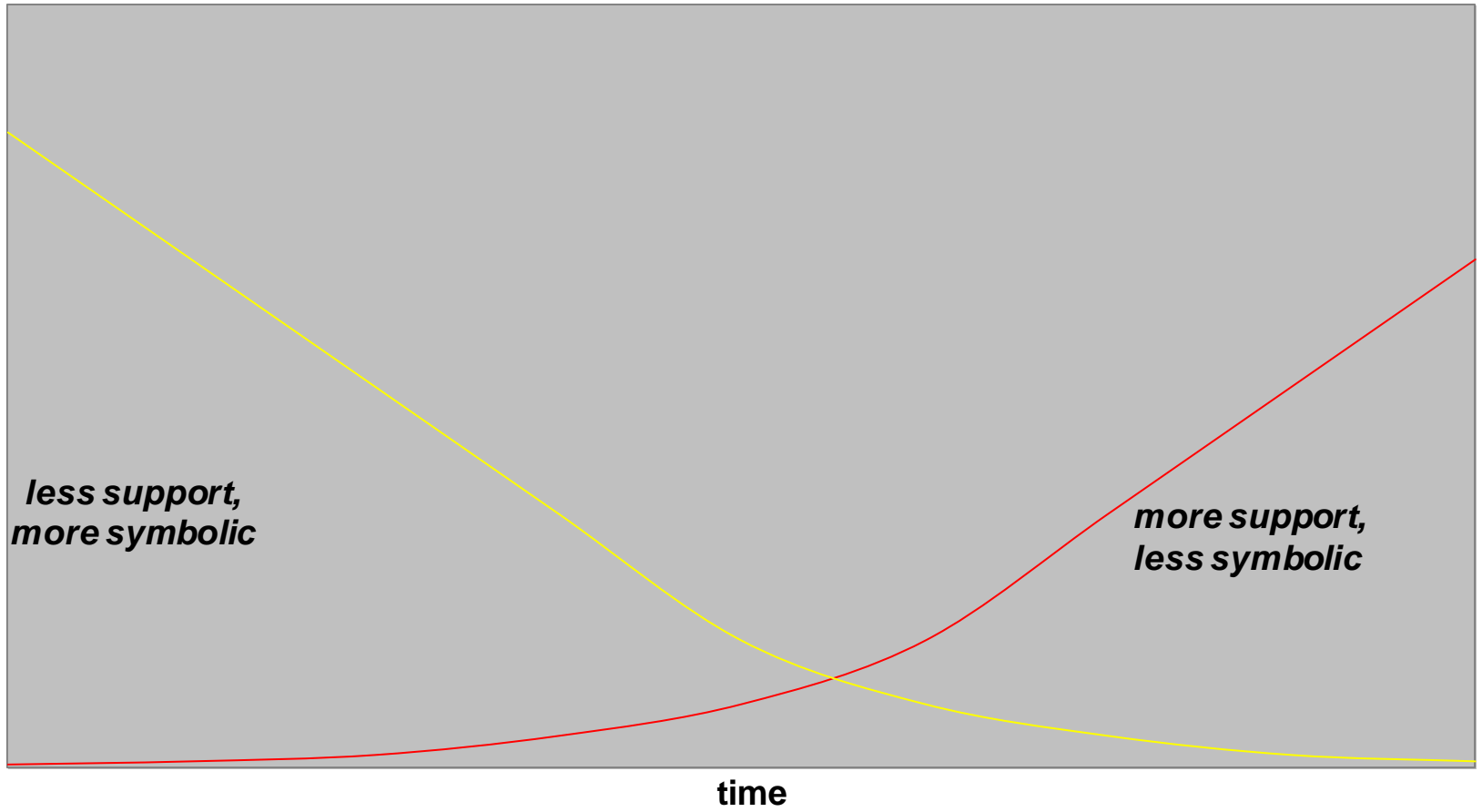
Communication change in PPA/ FTD



Communication change in PPA/ FTD



Communication change in PPA/ FTD



Less communicative support

- Conversation
 - On the telephone
 - Face to face
 - Multitasking
 - Busy/ distracting environments
 - Emotional situations
 - Group settings



Less communicative support



- Reading
 - Longer, more complex
 - Sentences to paragraphs
 - Complex or abstract content
 - Without pictures
 - Newspaper

More communicative support

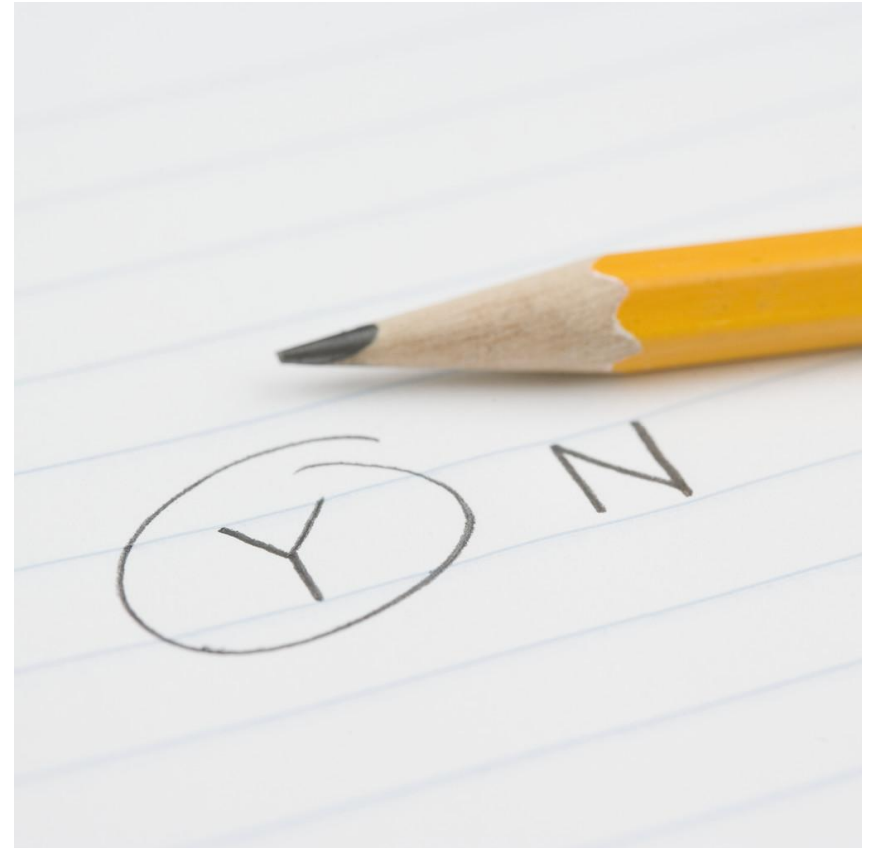
- Slower messages
- Less information per message
- Phrases or words
- Adding visual cues or gestures
- Reading with pictures or reading headlines only
- Communication board / device with many choices- or generative

Most communicative support

- Verbal Choices (more to fewer)
 - “would you like milk or juice?”
- “Starter” phrases
 - “roses are red, violets are.....”
- Melodic cues
 - “somewhere over the rainbow”
- Gestures
 - Pointing at watch for “time”
- Nonverbals
 - “mm-mm,” “uh-uh”

Most communicative support

- Yes/no questions
 - Verbal response
 - Gestural response
 - Selection by pointing
- Communication board/ device with few choices
- Actual Objects/ people



Guideposts for Communicating

Aphasia (uh fay/ zhuh) is a communication impairment. The ability to speak, read, write and understand spoken language may be lost or reduced; intelligence remains intact. Aphasia is caused by brain damage, usually from stroke or head trauma. Some ways to maximize communication with a person with aphasia include:



Wait: give them time to speak. Resist the urge to finish sentences or offer words unless you get a clear signal that your suggestion is welcome.



Be sensitive to noise. Turn off competing sounds (like radios, TV, appliances). Keep your own voice at a normal level. Shouting does not help.



Be open to different ways of getting and sending messages like drawings, gestures, writing, and facial expressions. Shared understanding is more important than perfect grammar.



Confirm that you are communicating successfully. Verify that your partner uses "yes" and "no" consistently, then use yes/no questions to check key points.

For more information about living with aphasia, call 800-422-4622, or write to National Aphasia Association, 220 Seventh Avenue, Suite 222, New York, NY 10001

www.aphasia.org



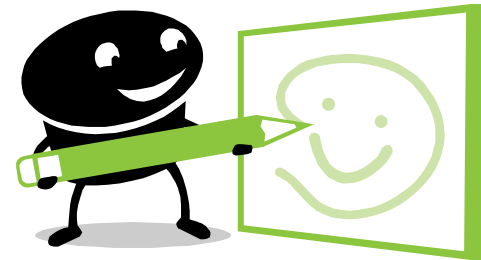
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Basics of Supported Conversation

- Reflecting — Repeat the message back to the person with aphasia.
 - “Mary pills?”
- Expanding — Add what you think they are trying to say.
 - “Are you saying Mary has your pain pills?”
- Summarizing — periodically review what you think the person is trying to say.
 - “Let me make sure I’m understanding you correctly.”

Low-Tech Communication Support

- Writing- pen & paper
- Pictures
 - Consider abstract vs. concrete
 - Line drawings
 - Picture symbols
 - Photos
- Objects
- Yes/ No questions
- Gesture



High-tech Communication Support



- Dedicated AAC devices
- Tablets
- iPad/ iPod touch

Dedicated AAC Devices

- Can range in price & features
- More expensive often = more flexible
- Patient specific
- May work better for those with motor or visual limitations
- Must be purchased through a vendor
- *May* be covered by insurance
- Resources
 - Lingraphica
 - NCATP

iDevices

- iPad & iPod touch
 - Readily available to the public
 - Relatively inexpensive
 - Multiple apps available
 - Quality of apps is variable
 - Limited durability
 - Need someone with a little “tech savvy” to set up
 - May not work well for those with certain visual, motor, or cognitive impairments.



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Is there an app for that?

- Apps for picture or photo selection
 - Lingraphica small talk (free)
 - Tobii Sono flex (Lite version free)
 - So Much 2 Say (around \$30)
 - ProLoquoT2Go (around \$200)
- Apps for typing/ predictive spelling
 - Verbally (free Lite version)
 - Type N Talk



Is there an app for that?

- Apps for Yes/No selection
 - YesNo HD
- Apps for writing
 - Dragon Dictation
 - Penultimate
 - Springpad
- Apps for “fun” / Language Stimulation
 - Hidden Object Crosswords
 - Words With Friends
 - Alligator Apps- flashcards with common items



What else can an iDevice do?

- Time Organization & reminders
- Recall of names/ contact information
- Drawing/ writing
- Wayfinding
- Audio/ video recording
- Skype/ Face Time- video phone calls

Keep in mind

- PPA/ FTD is a process- things will change over time
- What works today may not work as well in months/ years
- AAC is not a “quick fix”
- Maintain flexibility
- Be open to many different ways of communicating
- Be ready to “meet in the middle”

Resources

- Aphasia Hope
 - aphasiahope.org
- Triangle Aphasia Project, Unlimited
 - aphasiaproject.org
- North Carolina Assistive Technology Program
 - ncatp.org
- National Aphasia Association
 - aphasia.org
- American Speech-Language Hearing Association
 - asha.org