So You Know How to Use Zoom...What’s Next? Beyond the Basics of Teletherapy

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Disclosures

Brianne, Kelly, and Chelsea are full-time, salaried employees at Lingraphica, and thereby receive financial compensation from the company.

Brianne is a contracted speech-language pathologist at TalkPath Live, and thereby receives financial compensation from the company.

Sarah Baar is the owner of Honeycomb Speech Therapy LLC and the Activity Studio, which sells therapy materials for profit. Owner of private practice. Adjunct faculty/c clinical instructor. MedBridge Affiliate.

Learning Objectives

Participants will be able to:
1. Describe the benefits and best practices of teletherapy
2. Identify patient-centered goals that are meaningful to the patient based on LPAA
3. Identify tech and learning tools that are effective in teletherapy

Agenda

- Benefits of Teletherapy
- LPAA and Identifying Goals
- Technical Tips
- Factors for Therapy Success
- Questions and Answers
Benefits of Teletherapy
Stimulating & Engaging Technology  Connecting Clients & Decreasing Isolation

LPAA and Identifying Goals

Who is Appropriate for AAC?

- Persons with Aphasia from CVA
- Degenerative Disease Processes
- Primary Progressive Aphasia (PPA)
- Parkinsons Disease with Voice
- Head and Neck Cancer
- General Voice
- Articulation Disorders
- Any Issue Where a Person is Unable to Effectively Communicate Verbally
Life Participation Approach to Aphasia

Essence of LPAA

Focus on real-life goals

Regardless of stage, focus on attainment of re-engagement in life by strengthening daily participation in activities of choice

Residual skill is only one of many requisites

Why Set LPAA Goals?

- Reduce social isolation
- Allow PWA access to all areas of their environment
- Promote active participation in their lives
What Do Functional LPAA Goals Look Like?

- Customize by situation
- Customize for function
- Customize for FUN

Running a Garden Club Meeting

Top Goals Identified by YOU

- Seeking and sharing Medical info
- Phone calls
- COVID questions
- Current politics or world events
Session Starts Before Clicking A Link...

SEND a pre login email

Example: "Prior to 08:30am when you are joining me via ZOOM, I ask that you have your device charged, turned on, connected to Wifi. Please find a quiet space, free of distractions so we can hear each other as best as possible"

Pre Log-in Visuals

Please try to prepare for our ZOOM session by making sure you have a quiet space, good lighting, and can remain stable and supported in front of the screen.

Pre Log-in Visuals
TeamViewer
Overview of platform | Patients allow connection

Patient Allowing Access for TeamViewer

Research
In-person vs. Teletherapy

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Factors for Therapy Success

Using A-FROM to Think About Therapy

- Impairment
- Environment
- Participation
- Personal Factors

Impairment Treatments

- Attentive Reading & Constrained Summarization
- Copy and Recall Treatment
- Melodic Intonation Therapy
- Multiple Oral Rereading
- Response Elaboration Training
- Script Training
- Semantic Feature Analysis
- Treatment of Underlying Forms
SFA Without a Context
- Write
- Writing Utensil
- Eraser
- Lead
- Thin
- Long

SFA With a Context
- Harmony
- Soprano, Alto, Tenor, Bass
- Camaraderie
- Church Basement
- Songs, Sing

Traditional
- Write what I say:
  - Cup
  - Key
  - Comb
  - Bed
  - Chair

Activity-Focused
- Activity-Focused
Environment Treatments

- Environmental Modification
- Personalized Communication Supports
- Training Communication Partners

Don't Close the Office Door Behind You!

- Remotes can be confusing. Sometimes showing up buttons, labeling buttons, writing a cheat sheet, or color-coding buttons may make them more clear. Use these practice sessions to show how you could meet the needs with these remotes.
- Black Remote: Only the power button. Channel + & - and Volume + & -.
- White Remote: The lower buttons used to be press in the key green button, then the TV/VHS button, and then they play.
- Think about your own remote. Would modifying it help in any way?

Parental指导意见

- Quickly in 1 minute, name as many breeds or types of animals that someone may choose for a pet.
- Say some of the common commands or phrases you may say to your pet.
- Describe what you might look for when choosing a veterinarian.
- Give your opinion and the pros and cons about different places you can obtain a new pet.
- You’re leaving your pet at the kennel for 3 days. Explain the basic instructions for care of your animal.
Participation AS An Intervention

- Interaction
- Social Connection
- Role Play
2020 Concentric Pharmacy plan choices

Local Plan: Best choice. You pay a lower monthly premium and take primary generic drugs.
- Low premium
- Generic only at retail
- All deductible or co-pay generic drugs

Preferred Plan: Best choice if you take many generic drugs and want access to a limited network.
- Brand prescription drug coverage
- Generic as low as $5 through network
- All deductible or co-pay prescriptions

Saver Plus Plan: Be sure if you don’t take many prescriptions and want low copays and a large pharmacy network.
- Pays most generic and brand name drugs
- Copays as low as $5 through network

Medications: Social Communication
- Medications are different for each person.

Look at the Pharmacy Plan Choices and choose 1. Practice giving a summary of why you chose that one if you’re asked.

Your family member thinks you should choose a different plan. Come up with 3 different ways you could respond.

Your friend doesn’t understand the differences in the plans. Clarify what the differences or factors are that would make someone choose 1 plan over another.

The next time you go to fill a prescription, they say your copay is $10. How would you handle this?

Personal Factors in Therapy

Allowing participation impacts:
- Self-esteem
- Self-worth
- Sense of self


"Interaction, Interaction, Interaction!"

Zoom Business subscription .......... $150
USB Headset with microphone ........ $30
Ring Light desktop lighting ............. $50

The Ability to Interact & Participate: PRICELESS
### How Can You Work with Lingraphica?

**SLP Device Trials**
- When you CAN see your patient
- Submit for a trial at Aphasia.com
- Device shipped to SLP
- SLP completes trial with Lingraphica assistance
- SLP does Language Assessment and determines device appropriateness

**Patient/Care Partner Trainings**
- When you CANNOT see your patient
- Lingraphica does a Needs Assessment
- ID LPAA goals for both patient and Care Partner
- Customize device based on goals
- Refers patient back to you for Language Assessment and to determines device appropriateness

### Smart Paperwork

### Next Steps

Visit [AACBeyond.com](https://www.aacobeyond.com)
- Earn your CE credit/certificate of completion for today's course
- Schedule a consultation or call to learn more or begin a trial

Join the Conversation on Slack
- #beyond_zoom

### Questions & Answers