

Speech Therapy Home Program

To help the patient:

- Please try to do about 10 minutes of speech therapy each day.
- Find a time when you both have energy.
- Reduce background noise and distractions.
- Praise their effort. They don't need to be 100% accurate.
- Take breaks as needed: both of you!
- Consider joining stroke or aphasia support groups.

Exercises for Receptive Aphasia (Difficulty Understanding)

Mild
<input type="checkbox"/> Supported conversation. Discuss sports, feelings, thoughts, memories. <input type="checkbox"/> Reading. Read whatever's around the house, like magazines, books, and mail. Take turns reading aloud. Then, discuss what was read. <input type="checkbox"/> Other media. Watch TV, YouTube, social media, listen to music. Then, discuss. <input type="checkbox"/> _____ <input type="checkbox"/> _____
TIPS: Use cues to help them understand. Ask "wh" questions.
Moderate
<input type="checkbox"/> Yes/No questions. Ask questions that can be answered with "yes" or "no." <input type="checkbox"/> Matching. Ask them to match what you say to what's on the table. <input type="checkbox"/> Directions. Ask them to follow functional directions. <input type="checkbox"/> _____ <input type="checkbox"/> _____
TIPS: Use gestures, point, repeat yourself as needed.
Severe
<input type="checkbox"/> Simple matching. Ask them to match or pair things that go together. <input type="checkbox"/> Label your day. Say single words for what you're doing, how you're feeling, and what you want. <input type="checkbox"/> Use visuals. Write down keywords, show pictures, and look at photo albums. <input type="checkbox"/> _____ <input type="checkbox"/> _____
TIPS: Use simple, single words. Provide extra time. Take breaks as needed.

Exercises for Expressive Aphasia (Difficulty Communicating)

Mild

- Word games.** Scrabble, Bananagrams, and crosswords can be fun. They can play by themselves, or you can play together.
- Stories.** Ask them to share familiar stories, family memories, or describe photos in a photo album.
- Read.** Whatever is around the focus. Then, discuss.
- Scripts.** Make and practice them together.

TIPS: Use gestures, remind them to use their strategies.

Moderate

- Phrase completion.** Say or write down a phrase, then ask them to finish it.
- Naming.** Ask the person to label things.
- AAC.** Use communication boards, alphabet boards, texting, or any other method that is useful to the person.
- Singing.** Encourage them to sing familiar songs. They can go solo or with you.

TIPS: Remind them to use any means of communication, including talking, pointing, gesturing, and writing.

Severe

- Automatic speech.** Ask them to count, say the days of the week, or sing simple songs.
- AAC.** Use simple things like pointing to photos or writing on a whiteboard.
- Encourage attempts.** Respond positively to any communication. Help them out, not by trying to guess the word, but by asking yes/no questions.

TIPS: Always have some sort of AAC close by. Take breaks as needed.

Thank you for all your hard work!

Speech Therapy Department