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.
- Remind them to use their strategies.
- Reduce background noise and distractions.
- Praise their effort. They don't need to be 100% accurate.
- Take breaks as needed: both of you!

DYSARTHRIA ACTIVITIES

<u>Mild Dysarthria</u>

☐ Talk big
☐ Talk loud
☐ Talk short
☐ Take a breath before speaking
☐ Read aloud
☐ Say "ahhh" for as long as possible

☐ Have conversations
☐ Do your home program
☐ _____
☐ _____

TIPS: Model clear speech, ask open-ended questions, initiate conversations.

<u>Moderate Dysarthria</u>

☐ Use pacing strategies
☐ Use clear speech strategies
☐ Add pauses between words or phrases
☐ Sit upright when speaking

☐ Practice functional phrases
☐ Read aloud
☐ _____
☐ _____

TIPS: Take breaks, acknowledge attempts to communicate, use AAC.

<u>Severe Dysarthria</u>

☐ Use gestures
☐ Use an alphabet board
☐ Use AAC
☐ Practice functional words

☐ Do breath exercises
☐ _____
☐ _____

TIPS: Look for nonverbal communication, ask yes/no questions, give 2 options.

APRAXIA ACTIVITIES

Mild Dysarthria

☐ Take your time
☐ Use hand tapping
☐ Read aloud
☐ Sing
☐ Have conversations

☐ Practice scripts

☐ _____

☐ _____

TIPS: Initiate conversation, use positive reinforcement, celebrate wins.

Moderate Dysarthria

☐ Talk short
☐ Use pacing strategies
☐ Read functional words aloud
☐ Practice longer words and phrases

☐ Practice scripts with shorter words

☐ _____

☐ _____

TIPS: Show empathy, model their strategies, choose a quiet space to talk.

Severe Dysarthria

☐ Use an alphabet board
☐ Use gestures
☐ Use AAC
☐ Read meaningful words
☐ Say minimal pairs

☐ Say automatic speech
☐ Sing

☐ _____

☐ _____

TIPS: Talk face-to-face, look for nonverbal communication, use AAC.

Thank you for all your hard work!

_____
Speech Therapy Department