APPs FOR APHASIA THERAPY & SUPPORT

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ADVANCE for Speech-Language Pathology Webinar

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- BA in Linguistics & Cognitive Science from Rutgers University, MS in Speech-Language Pathology from Boston University
- Certified in Speech-Language Pathology by ASHA & CASLPA, and registered with College of Speech & Hearing Health Professionals of BC
- Worked in Private Practice, Extended Care, Acute Care, Rehabilitation, Home Health & Outpatient Therapy in US and Canada; Casual Employee with Fraser Health & Clinical Educator for University of British Columbia
- Technology consultant for the Sea to Sky Aphasia Camp & will be working at the iTAWC intensive aphasia therapy program in 2013 in Vancouver - itawc.com
- Presented on Apps for Adult Therapy at BCASLPA 2012 and scheduled for CASLPA 2013
- Published in the ASHA Leader, CASLPA Communiqué, and RCSLT Bulletin
- Director & Designer of Apps for Tactus Therapy Solutions
Tactus Therapy Solutions

- Develops apps for all ages, focusing on adults with acquired speech, language and cognitive disorders
- All apps are user-friendly for use by elderly and impaired individuals with adaptations to be used by children and in educational settings
- 7 apps available now; more coming soon
- [www.tactustherapy.com](http://www.tactustherapy.com)
- Disclosure: The Tactus Therapy Solutions apps will be mentioned in this presentation as useful tools for therapy. There is no pressure to purchase these apps.

Who Are You?

- Speech-Language Pathologists
  - Great familiarity with aphasia
  - Interest in learning more about aphasia
- Families of People with Aphasia
- People with Aphasia
- Other Medical Professionals?
- Technophiles
- Technophobes
Outline – 1 hour

- The Technology
- Language Therapy
- Apraxia Therapy
- AAC
- Cognitive Therapy
- Apps for Clinician & Client Support
- How to Find New Apps
- Questions

The Technology

- Tablets & Smart Phones
- Touch Screen
- APPLE (iOS)
  - iPad
  - iPad mini
  - iPhone
  - iPod touch
- ANDROID Phones & Tablets (Linux)
- BLACKBERRY Phones & Playbook
- MICROSOFT Surface Tablet
The Advantages over traditional therapy tools

- Portable
- Intuitive
- Automated
- Less to Carry
- Available to the Public
- Cost-Efficient (Devices & Apps)
- Language Barrier Aid
- Useful for Documentation/Video Conference/Education

- Cool
- Interactive & Engaging
- Use Alone or with Support for Home Exercises
- Switch-Accessible Apps
- Built-in Microphone, Speaker, & Camera(s) replace other devices
- Connect to Internet via Wifi or 3G
- All Ages
- Easier to Clean than Paper
Considerations

- Vision (especially iPhone)
- Dexterity (especially iPhone)
- Accuracy
- Level of Support (Therapist, Family, Technical Support)
- Appropriateness (matching goals, not all goals have apps)
- Confidentiality (stored client data - HIPPA)
- Limits of Device (size, portability, volume, battery life)
- Maintenance (updating OS & apps, charging, infection control)

Evidence-Based Practice

- Evidence-Based Practice - use what has been shown/known to work using the best evidence available
- Evidence often shows certain therapy TECHNIQUES work, not certain apps or delivery methods
- What is the evidence for photo flash cards? for worksheets? for iPad? - very little. These are therapy delivery methods.
- Pick your goal as you always would, use the techniques known to reach that goal, and if there is an app that will help to reinforce those techniques or give extra practice toward the goal, use it.
- There IS evidence that computer-assisted therapy works and that increasing intensity of therapy works. Apps are engaging and clients tend to use them longer than paper worksheets
Selecting Good Therapy Apps for Adults

- Appropriate for adults
- Add value to therapy
- Make our lives easier
- Easy to use
- Adaptable
- Goal-focused


A Brief Note….

- The apps discussed in this presentation are all ones that I have personally used with good results in aphasia therapy and with people with aphasia
- This is by no means an exhaustive list, but it is a RECOMMENDED list
- I have trialed HUNDREDS of apps and find that while most have some utility, they are not all worth the effort of learning or using or the price
- Please think of the apps you have used with great success and share them with us at the end.
Language Therapy (Aphasia)

The Apps

- Language TherAppy
- Comprehension TherAppy
- Naming TherAppy
- Reading TherAppy
- Writing TherAppy
- Category TherAppy
- Conversation Cards
- Food Apps
- Visual Stimuli Apps
- My PlayHome

- Use in Therapy or at Home

Comprehension TherAppy

- Hear or read a word, touch the picture
- 500+ Nouns, 100+ Verbs, 100+ Adjectives
- Match audio to written word
- Email report with errors, %, and chart note
- Easy, Medium, and Hard levels
- English, Spanish, and French
+ Naming TherAppy

- Naming Practice is over 400 words with 6 levels of cueing hierarchy
- Simple Naming Test determines if ability is at app-level
- Describe mode to work on circumlocution
- Flashcards for custom practice - add your own photos

+ Writing TherAppy

- Virtual Scrabble Tiles for spelling practice
- 500+ nouns from 3-9 letters (set max)
- 4 modes: Copy, Fill-in-the-Blank, Written Naming, Writing to Dictation
- Add your own photos/words (Family, other languages)
- Hints and Self-Monitoring Built-in
Reading TherAppy

- 4 Levels - Phrases & Sentences, Matching & Completion
- Target Category Selection
- 1800+ items
- Carefully-crafted foils make this great for attention to detail
- Bridge the gap in reading exercises from words to paragraphs

Language TherAppy

- A 4-in-1 Bundle of Tactus Therapy Apps
- $60 for all 4 instead of $85 individually
- Language TherAppy Lite lets you try out all apps in limited way (full features, 5 words)
Coming Next Week!
65+ Concrete, Sub, & Abstract Categories
Nearly 700 Images
Find, Classify, Add One, Exclude

$11.99 for Nov
Reg. $14.99

100+ Questions
Answer with a word, phrase, or sentence
Practice reading aloud
Perfect for groups
Food Apps

- Use to practice functional vocabulary
- Practice requesting, commenting, following directions, and giving directions
- Use in Thematic Language Stimulation lessons
- Virtual cooking - many apps available

Visual Stimuli Apps

- Use to practice reminiscence & description
- Upcoming App from Tactus Therapy – watch for it!
- Can also use Verb Flashcards in Naming TherAppy
My PlayHome

- Functional vocab for around the house
- Practice comprehension of words in a scene & directions
- Fun for kids & adults
- Try free Lite version for few rooms.
- New multi-ethnic characters

Speech Therapy (Apraxia)

- Speech Sounds on Cue
- Speak in Motion - VAST
- Lingraphica SmallTalk
- NACD Apraxia
- Mouth Model Apps
- Minimal Pairs
- Bla Bla Bla
- Book: You’re Only Old Once
Speech Sounds on Cue

- Free trial of /w/
- US & AUS accents – buy the right one!
- $100 (reduced!)
- Phrase Completion
  - hear it, say it, record it
  - Integral stimulation
- Rhyming
- Targets 20 initial consonants
- Also available for PC/MAC

VAST Apps

- $5-$12
- Songs, Tx Samples, Key Words, Autism
- Video with Captions
- Can order custom scripts
Lingraphica SmallTalk Apps

- Free
- Videos & Symbols
- Phonemes, Blends, Days, Letters, Phrases, ADLs, ICU, Pain, Conversation
- Flip-book navigation

NACD Apraxia

- $5 for iPad
- Sounds grouped by place
- Multiple levels of single open syllable repetition
- Sounds, Text, & Pictures

Speech Trainer 3D & Speech Tutor

Current

Pocket Pairs & Pocket Artic

http://community.advanceweb.com/blogs/sp_6/archive/2012/06/18/visual-feedback-for-volume.aspx

- $5
- Target articulation, prosody, rate, rhythm, and reading
- Listen, then Read or Read

AAA Apps for Adults
Augmentative & Alternative Communication

- Selecting an app requires the same feature-matching process as any AAC device/system
- Consider physical (access, mounting, weight), cognitive (literacy, memory, abstract/concrete symbols, linguistic), and sensory (vision, hearing) abilities/needs. Also look at abilities of communication partners.

- HUNDREDS of AAC apps available now. Most are NOT appropriate for aphasia as they are designed for people without speech but with good language skills.
- http://www.spectronicsinoz.com/iphoneipad-apps-for-aac

- Language Deficits - Visual Scene or Symbol-based
  - Aphasia
  - Apraxia (with aphasia)

Language AAC

Visual Scene Display

- Scene&Heard ($50 - free Lite)
  - Create hotspots on scenes
  - Add icons for more messages
  - Link scenes to other scenes, audio, video

- Scene Speak ($10)
  - iPad only
  - Hotspots not visible
Language AAC

Symbol-Based Systems

- **Proloquo2Go** ($190)
  - Generative Symbols
  - Word Prediction
- **TalkTablet** ($90 iPad)
- **Lingraphica SmallTalk** (Free)
  - Male or Female
  - Video or Symbols for common words/phrases
- **TalkRocket Go** ($100)
  - Uses GPS to bring up vocab
- **Touch Chat** ($150-$300)

- Require category navigation
- Generative messages are possible, but also program whole messages for speed & if agrammatic
- Symbol-based systems are usually quite concrete (needs/wants) - harder to talk about ideas

Proloquo2go

![Proloquo2go app interface](image)
Pictello & All About Me Storybook

- Talking Photo Album
- Use for Visual Scenes, Scripts, or Favorite Stories
- Record real voices or use automated text
- Grasshopper’s Little Story Maker may be a good free alternative

- Set up with personal info
- Use to practice name, address, etc
- For therapy, omit details for filling in verbally
- Good for safety when out in public with aphasia

Text-to-Speech

- Text-to-Speech with Notes
  - Included on devices
  - Turn on in Accessibility Settings
  - Reads anything (email, webpage, document) aloud when text is selected
- Speak-It! ($2)
  - Includes male and female voices
  - Store messages

When Writing is Better than Speech

- Accessibility
- Speak Selection

Speak Selection

Speaking Rate

Speak it! Text to Speech Productivity

www.tactustherapy.com
+ Voice-to-Text

When Speech is Better than Writing

- Dragon Dictation
- Built into iPad3
- Requires connectivity
- Use with caveats with mild dysarthria to practice strategy use

+ Starter AAC

- **Answers YesNo HD** ($4)
  - 2 choices
  - customizable photo/audio/text
- **Speak Aid HD** ($1 iPad)
  - medical basic needs
  - simple VOCA - 1 page
- **Custom Boards** ($40 iPad)
  - Create boards to print out (email or print PDF)
  - Low-Tech therapy materials or AAC
Best AAC? The Device Itself!

- Maps
- Camera
- Photos
- Contacts
- Notes
- Voice Memos
- Facetime
- Notes
- Reminders
- Calendar
- Calculator
- Passbook

Remember, most people with aphasia want to AUGMENT their natural communication (facial expression, gesture, speech) in a NORMAL way. Train them to use the things we all use to make our lives easier. Visual aids & memory aids for ALL!

Cognitive-Communication Therapy for Aphasia

- Aphasia is a language deficit, but we know language is a cognitive domain and interacts with other cognitive skills
- Without language, high-level reasoning can be impaired – we often think in words to organize our thoughts, do math, and reason through complex issues
- Body of evidence that attention, reasoning, and executive functioning are often impaired in people with aphasia
  - see Laura Murray’s work: http://ajslp.asha.org/cgi/content/short/21/2/S51
- Many people have large lesions or multiple lesions that affect different functions
- Hard to test cognition in presence of aphasia, but necessary.
- Gains in cognition often lead to gains in communication
Cognitive-Communication Therapy Apps

- Visual Attention TherAppy
- Spaced Retrieval TherAppy
- iMazing
- Matrix Match 2
- Brain Challenge
- Skill Game
- Make Change
- DialSafe Pro
- Awesome Memory
- Doodle Find Pro
- SimonSays
- Stroop Test
- Set Pro HD
- Tic Tac Toe
- Where's My Water?
- Cut the Rope
- Bejeweled Blitz
- Word Shaker
- Just Say It! - Taboo Game
- 7 Little Words
- Chicktionary
- Paper Toss HD
- 4-in a Row

Visual Attention TherAppy

- Designed to help those with left (or right) visual neglect attend to the whole page for reading/scanning
- Useful for training attention & memory
- Free Lite Version
- Full email report with areas of neglect noted on Test mode
- Practice mode forces users to find the next item - better than paper
Functional Memory Training

- SRT is an evidence-based therapy technique for dementia, TBI, aphasia, and normal learning
- Use memory matching games to teach strategy use with maps
- Practice calling phone numbers with automated role-play
- Help patients learn their medication schedules and be responsible for requesting with Pillboxie

Non-Verbal Reasoning

- Quick and easy way to look at cognition in non-verbal clients

Money Management

- American & Canadian Currency
- Use Tally to work on attention
- Turn off Tally to work on counting money
- More sanitary than coins
- Independent practice


Game Apps for Cognitive Therapy

- Tic Tac Toe Free HD
  - Games
  - Updated Jun 09, 2011
  - FREE

- Fantastic 4 In A Row Free
  - Games
  - Updated Apr 03, 2012
  - FREE

- Doodle Find™ Pro
  - Games
  - Updated Apr 15, 2012
  - $0.99 BUY

- Charge Your Brain HD
  - Games
  - Updated Mar 21, 2012
  - Game Center
  - FREE

- Brain Challenge™ HD
  - Games
  - Released Jun 07, 2010
  - $4.99 BUY

- SET Pro HD
  - Games
  - Updated Nov 21, 2011
  - $4.99 BUY

- iMazing
  - Games
  - Released Oct 20, 2010
  - FREE

- Guess the Code Free HD
  - Games
  - Updated Mar 07, 2012
  - FREE

- Simon Says
  - Games
  - Updated Nov 08, 2010
  - FREE

- Move It!
  - Games
  - Updated Feb 28, 2012
  - FREE
+ Apps for Clinician Support

**Use with Clients With Aphasia**

- Educate about Stroke
- Virtual White Board
- Record Speech Samples
- Melodic Intonation Therapy

**Apps to Support People with Aphasia**

**Making Life Easier**

- Turn Handwriting into Text
- Turn Contacts into Photos with Safety Guard
- QR Code Reader Saves Typing In Websites – go straight there
- Turn Digits to Text – writing checks or reading aloud

Apps to Support People with Aphasia

Making Life Easier

Order Drinks or Talk About Them

Voice Reminders

Shopping Lists from Set List

Dexteria - Hand Therapy

A Case Study

- 31 y.o. male with TBI and global aphasia
- Family purchased iPod touch and pt used:
  - AAC Software (Proloquo2go) to communicate
  - Built-in camera to show what he did on the weekend
  - Voice Recorder to take audio clips in his life (singing the national anthem)
  - iPod to listen to his favorite music
  - Games to play with friends and pass time
  - Maps to show where he lives
  - Therapy apps to practice reading, spelling, and speaking
  - Calendar app for scheduling therapy appointments and reminders
- Pt loved his device and wouldn’t touch paper communication boards. He carried it in his pocket all the time. The “cool” factor made AAC possible. When he was bored, he could do therapy.
- iPad and iPod touch owned by the unit were used for assessment and therapy before the family was advised to purchase their own
- Role of the SLP - select goals & corresponding apps, train client and family to use them, continue to provide in-person assessment & therapy
+ How to Find SLP Apps

- [http://www.speechgadget.com/2012/06/how-to-find-speech-therapy-apps.html](http://www.speechgadget.com/2012/06/how-to-find-speech-therapy-apps.html)
- Use your PLN (personal learning network) to find them! All SocMed sites (Facebook, Twitter, LinkedIn) announce new apps, have discussions about apps, and allow questions
- Search App Store (Speech Therapy, Aphasia, Speech)
- Use “Customers Also Bought” to spin off search
- Once you find an app, read iTunes reviews, watch videos, try Lite version, search for blog reviews
- Me:
  - 100+ Apps for Adult-Focused SLPs on [www.tactustherapy.com/resources/](http://www.tactustherapy.com/resources/) Updated every few months with new apps with links
  - Advance’s Speaking of Apps Blog [www.speakingofapps.com](http://www.speakingofapps.com)
  - Tactus Therapy Facebook, Twitter, & Blog Posts
  - CASLPA Presentation – Victoria, BC; April 25, 2013

+ Facebook

- Groups:
  - [www.facebook.com/groups/adultrehabspeechtherapy/](http://www.facebook.com/groups/adultrehabspeechtherapy/)
  - [www.facebook.com/groups/SLPsTalkApps/](http://www.facebook.com/groups/SLPsTalkApps/)
  - SLPeeps: [www.facebook.com/groups/191796874188184/](http://www.facebook.com/groups/191796874188184/)
  - Dysphagia Therapy: [www.facebook.com/groups/102453736503465/](http://www.facebook.com/groups/102453736503465/)
  - Speech Pathologists at Large: [www.facebook.com/groups/2212002912/](http://www.facebook.com/groups/2212002912/)
  - [www.facebook.com/groups/aphasiatherapy/](http://www.facebook.com/groups/aphasiatherapy/)
- When you join a group, you have to visit the group to see the conversation. Numbers indicate how many new comments there are since you last visited.
Questions??

- Thank You!