



Aphasia Resource Center

APHASIA AFTER STROKE

Building and Sustaining a
Life Participation Program

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Disclosures

- Financial:
 - Salaried Employee of Boston University
- Non-Financial:
 - Executive Board Member of AphasiaAccess
 - Certified Member Academy of Neurogenic Communication Sciences and Disorders

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Overview

- Background of LPAA and Group Treatment
- Description of the Aphasia Resource Center programming at Boston University
- Sustainability and Impact

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Aphasia

- Aphasia is an impairment of language, affecting the production or comprehension of speech and the ability to read or write.
- Over two million Americans are living with aphasia
- By 2020, it is estimated that there will be ~ 180,000 new cases of aphasia each year.

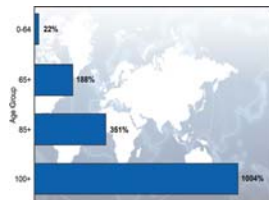
▪ National Aphasia Association (2016)

Stroke Statistics

- ~ 75% of all strokes occur in people over the age of 65.
- The risk of having a stroke more than doubles each decade after the age of 55.
- Strokes can and do occur at ANY age.
- From 1995–2005, the stroke death rate fell ~30 %

▪ (Stroke Center, 2015)

Aging Population

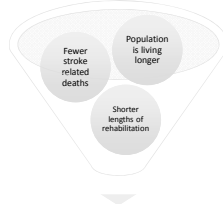


▪ <https://www.nia.nih.gov/research/publication/global-health-and-aging/living-longer>

Rehabilitation

- Length of stay for inpatient rehabilitation decreased substantially from 1994 to 2001.
 - (Ottenbacher et al., 2004)
- The average LOS was 8.9, 13.9, and 22.2 days for mild, moderate, and severely impaired stroke patients, respectively.
 - (Camicia et al., 2015)

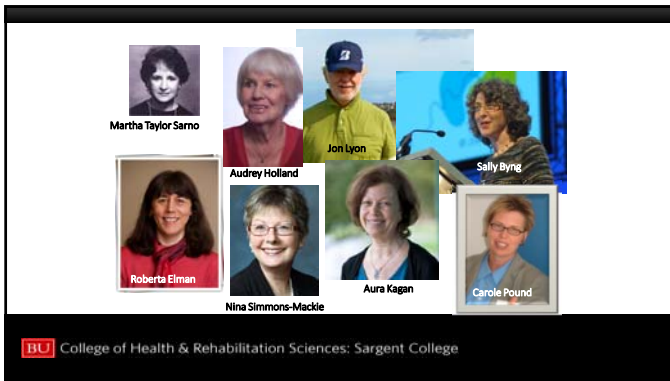
Statement of the Problem



An increasing number of individuals with aphasia left with limited to no resources

The Contradiction

- In today's healthcare climate, the average length of rehabilitation following stroke is about ten-twelve weeks.
- Studies have shown that individuals with aphasia continue to benefit from skilled speech-language intervention for up to 10 years post stroke (and beyond).
- Little support for families who need to learn how to communicate with an individual who has suffered a stroke and who need help dealing with the psychological and emotional consequences of stroke.




Life Participation Approach to Aphasia: A Statement of Values for the Future

(LPAA Project Group, 2000)

LPAA Project Group in alphabetical order: Roberta Chapey, Judith F. Duchan, Roberta J. Elman, Linda J. Garcia, Aura Kagan, Jon Lyon, and Nina Simmons Mackie

HEALTH - a state of mental, physical, and psychosocial well-being.
(WHO, 2001)



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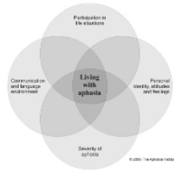
Life Participation Approach in Aphasia

- The explicit goal of intervention is enhancement of life participation.
- All those affected are entitled to services.
- Measures of success include documented life enhancement.
- Both personal and environmental factors are targets of intervention.
- Emphasis is on availability of services as needed at all stages

▪ LPAA Project Group, 2000

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Living with Aphasia: Framework for Outcome Measurement
(Kagan et al., 2009)



GROUP TREATMENT IN APHASIA

Historic Overview

- Group Treatment began following World War II.
- Efficient means to provide SLP intervention to the many servicemen.

Current Perspectives

- Psychosocial adjustment and family counseling after stroke.
- Paradigm shift to include pragmatic and language treatment since 1980s based on child language work.
- *Questionable linguistic benefit...

Evidence of Linguistic Change following Group Tx.

- Wertz, Collins, Weiss et al. (1981)
- Aten, Caligiuri and Holland (1982)
- Bollinger, Musson and Holland (1993)
- Elman and Bernstein-Ellis (1999a)
- Van der Gaag et al (2005)
- Meinzer et al. (2005)
- Hoover, Caplan, Waters & Budson (2014)
- *ICAP Literature

Evidence of Functional or Quality of Life Change following Group Tx.

- Elman and Bernstein-Ellis (1999a)
- Ryff & Singer, (2003)
- Van der Gaag et al (2005)
- Vickers (2010)
- Hoover, Caplan, Waters & Budson (2014)

Philosophy of Group

- Group treatment is naturalistic and pragmatic.
 - Follows a predictable development process
 - Can address any specific treatment goals.
- (Kemp, 1971; Tuckman, 1965; Elman, 1999; Simmons-Mackie, 2015)

Different Types of Group Treatment

- Psychosocial group
 - Support group
 - Discourse/current events group
 - Book Club
 - Thematic Language group
 - Verbal expression
 - Reading Groups
 - Writing Groups
 - Recreation/Leisure Groups
- **Group Treatment of Neurogenic Communication Disorders. The Expert Clinician's Approach**
▪ Second Edition Edited by: [Roberta J. Elman](#) (2006)

Aphasia Resource Center



www.bu.edu/aphasiacenter/

Our History

- Aphasia Resource Center (ARC) was established in 2006.
- Our mission:
 - Service: provide aphasia therapies as well as a supportive environment in which persons with aphasia can share experiences and learn about recreational and educational resources.
 - Education: provide students with hands on training in the best evidence-based practice.
 - Research: provide clinical lab to investigate the efficacy of various therapies

	Monday	Wednesday	Thursday	Saturday
10:00 - 11:45				
11:45 - 1:00				
1:00 - 2:30				

Aphasia Community Group (ACG)

- Started in 1990 by Jerome Kaplan, his colleagues and members of an aphasia treatment group at the Aphasia Research Center at the Boston VA Medical Center.
- Met at Spaulding Rehabilitation Hospital prior to moving to Boston University in 2006



ACG

- Mission is to provide a supportive environment to:
 - Educate
 - Advocate
 - Support
- Format
 - Socialization
 - Presentation
 - Breakout Groups
- Special Events:
 - Springtime picnic at Spaulding Rehab Hospital
 - Buffasia
 - Ice Cream Social*

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Aphasia Resource Center

- Core Groups:
 - Conversation Group
 - Book Club
 - Film Club
 - Newsletter Group
- Core competencies
 - (Elman, 2015)
- Intensive Comprehensive Aphasia Programs (ICAP)

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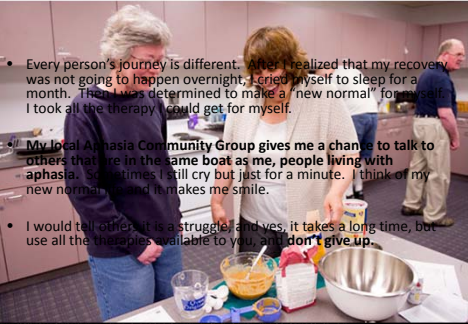
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Rotating Groups

- Choral Group
- Computer Group
- Community Connection
- Cooking Group
- Ipad Group
- Games Group
- Memory Group
- Mobility Matters
- Function and Fitness
- Photography
- Performing Arts
- Toastmasters
- Volunteer/Community Service

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In H:



- Every person's journey is different. After I realized that my recovery was not going to happen overnight, I cried myself to sleep for a month. Then I was determined to make a "new normal" for myself. I took all the therapy I could get for myself.
- My local Aphasia Community Group gives me a chance to talk to others that are in the same boat as me, people living with aphasia. Sometimes I still cry but just for a minute. I think of my new normal and it makes me smile.
- I would tell others it is a struggle and yes, it takes a long time, but use all the resources available to you, and **don't give up.**

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Family Feedback

- I will never forget the first time we went to a Saturday BU Aphasia Group and became overwhelmed at the number of people in attendance and the number of resources that were shared during the three hour session.
- We were able to meet and get more information in those three hours than had been given to us in the three and a half post years of my mom's stroke.
- We thought we were alone in our mission to understand and find resources for aphasia but after that meeting we knew that the Aphasia Resource Center needed to be a resource for all individuals and families living with aphasia.
- The support and services provided by this center are life changing and no one whose life is touched by aphasia should have to live without knowing about this center and its services.

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Family Feedback

- ARC has meant that (Family member) and I could share our aphasia/stroke experience with peers also experiencing the long recovery road. The variety of experiences, impacts and consequences of aphasia had been unfamiliar to me and for pwa.
- *The ARC means HOPE.*

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Thank you!

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Questions?

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