COMMUNICATION GROUPS

SCHEDULE AND STRUCTURE

STRUCTURE
• All groups will have concurrent meetings for spouse/caregiver.
• All groups will be led by graduate students in the Department of Communication Disorders and supervised by Texas licensed and ASHA (American Speech and Hearing Association) certified instructors.

SCHEDULE

<table>
<thead>
<tr>
<th>ALZHEIMER’S GROUP</th>
<th>APHASIA GROUP</th>
<th>PARKINSON’S GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>1–3 p.m. Wednesdays</td>
<td>9–11 a.m. Wednesdays</td>
<td>1–3 p.m. Mondays</td>
</tr>
<tr>
<td>Sept. 30–Nov. 18</td>
<td>Sept. 30–Nov. 18</td>
<td>Sept. 28–Nov. 16</td>
</tr>
</tbody>
</table>

• All groups will meet once a week for 8 weeks
• Cost for each group will be $45 for the 8 week session.
• All materials will be provided.

LOCATION
Groups will meet in the WTAMU Speech and Hearing Clinic, located inside the Virgil Henson Activities Center on the WTAMU campus.

REGISTRATION
Register early. Space is limited. An intake appointment will be scheduled with all participants prior to the beginning of group sessions. To register or for more information, call 806.651.5101.

SPEECH AND HEARING CLINIC

WTAMU Box 60757
Canyon, TX 79016

Phone: 806.651.5101
Fax: 806.651.5105
wtclinic@wtamu.edu

COMMUNICATION GROUPS

ALZHEIMER’S DISEASE
APHASIA
PARKINSON’S DISEASE

West Texas A&M University™
DEPARTMENT OF COMMUNICATION DISORDERS

West Texas A&M University™
DEPARTMENT OF COMMUNICATION DISORDERS
Alzheimer’s disease (AD) is the leading cause of dementia in older adults. Memory problems are the most characteristic symptom, but many individuals also experience progressive problems with communication. The deterioration of the individual’s ability to communicate contributes to the stress and burden of caregivers and is among the most serious stressors caregivers face. Poor communication can lead to conflicts, isolation or depression in one or both of these individuals and may lead to earlier placement in institutions.

**ALZHEIMER’S DISEASE COMMUNICATION FOR CAREGIVERS GROUP**

### PROGRAM GOAL

The goal is to support AD caregivers and teach skills to facilitate better communication with the AD family member. There will be concurrent cognitive therapy groups for the person with AD.

### APHASIA CONVERSATION GROUPS

After the onset of aphasia, evidence reveals that social network size and amount of regular contact with communication partners is reduced by approximately 50 percent from pre-aphasia levels. This social isolation leads to loneliness and frustration for many with aphasia. Recent changes in healthcare laws have resulted in a reduction in services available. When formal therapy ends, persons with aphasia (PWA) may experience a void in terms of the chance to experience meaningful interactions with others.

### PROGRAM GOAL

The goal is to provide conversation groups focusing on real life goals of PWA after discharge from traditional outpatient therapy. It supports the PWA and those directly affected by aphasia including family and friends. There will be concurrent support groups for spouses and caregivers of PWA.

### PARKINSON’S DISEASE VOICE GROUPS

One of the defining characteristics of a person with Parkinson’s Disease (PD) is a decline in vocal loudness. This affects the ability to communicate at work, at home, in social settings and all areas requiring communication. Learning to speak louder has proven to increase intelligibility of speech of a person with PD.

### PROGRAM GOAL

The goal is to teach participants to speak louder and communicate more effectively utilizing a group setting. There will be concurrent support groups for spouses and caregivers of the person with PD which also will facilitate carryover of the skills taught to the person with PD.