



Honeycomb
SPEECH THERAPY

Meeting Functional Needs in a Pandemic

+

Home Program Templates





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A Note From Sarah:

Hello SLP Colleagues!

There's no time like a pandemic to be further reminded that when it comes down to it: The most meaningful therapy is therapy that matters. The mission of Honeycomb Speech Therapy has been to use evidence + relevance to provide functional, meaningful therapy tools to other SLPs since 2016.

In light of the COVID-19 pandemic, I wanted to send out this free therapy packet to SLPs who continue to work daily, as well as SLPs who may be having to send home programs instead of doing face-to-face therapy. This packet is not intended to be sent as a whole to a client; rather, it is meant to be selectively used for the unique skills and needs for each client. Please feel free to choose and adapt what may be helpful to your clients. The appropriate pages can be emailed or hard copied for clients. Please also feel free to share this packet with other SLPs who may benefit.

As always with person-centered care, feel free to personalize! My hope is that this packet makes it easy for you to deliver person-centered treatment (or home programs) during the COVID-19 pandemic. This packet was put together quickly so please see this as a starting point and not all-inclusive.

Note: If you need something more comprehensive, The following for-purchase items in my store have home program information included:

[Functional Treatment for Motor Speech](#)

[Functional Treatment for MCI \(Memory\)](#)

[Functional Treatment for Aphasia](#)

[Book 1: Goal Management Training](#)

[Functional Treatment for PPA](#)

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Functional Needs In a Pandemic

It's important to think through the needs different vulnerable populations may have. We can help meet needs through cognitive-communication skills and strategies in speech therapy. Consider meeting the following needs if necessary:

Social Connection

	Ability to connect with others <ul style="list-style-type: none">● Phone calls● Facetime / Skype / Video● Texting● Emails● Letters
	Planning “safe spots” to visit during this time
	Ability to check what places are open

Safety

	Ability to reach a doctor / ask a question / describe symptoms
	Emergency Shelters
	Medication refill plan
	Maintaining a healthy lifestyle <ul style="list-style-type: none">● Exercise options● Pantry-stable food options for current diet● Meaningful activities for time

Understanding COVID-19

	Knowing precautions
	Understanding where to find reliable, up-to-date information
	What to do if symptoms are expected
	Cleaning recommendations

Food / Supplies

	Community resources for financial difficulty
	Ability to plan ahead for food / supply needs for 1 week
	Problem-solving other options if supplies are out



Verbal Expression

It's important to practice the words you will need to say, and the words you want to say. Conversation is also very important!

What words or sentences might be important for you to practice at this time? What strategies or tools will help you be successful?



Semantic Feature Analysis Template

Put a meaningful word in the center. Try to describe all about the word in the surrounding boxes!

Group / Category

Is a...

Description

Has / Is ...

Function

Does what? Is used for?

Context

Is found...

Other / Personal

Makes me think of...





Special Features



Script Training Home Program

Please practice for 15 minutes/day.

You may need to practice with someone, or use a video recording.

Listen to the Script.	
Say the Script Together.	
Read the Script alone.	
Eyes up. Say the Script alone.	

My Scripts:

I Practiced on These Days:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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Conversation as Therapy

We may be stuck inside, but we can still talk! Conversation is a wonderful way to practice real-life communication. Try being intentional with conversation to practice language skills and using strategies.

Talk about stuff at home with others:

- Use pictures and talk about them
- Find a recipe book and reminisce
- Give instructions for how to clean out a storage space
- Discuss your thoughts about a news clip or a book
- Tell a story about another time you remember being stuck inside
- Discuss the pros and cons of different nature trails or parks you could visit

Open-ended Conversation Starters:

- I want to tell you how I am feeling:
- I want to tell you a funny story:
- I want to tell you my opinion:
- I want to tell you a memory:
- I want to tell you something important:
- I need you to remember something:
- This week something that went well:
- This week something that was hard:

Phone Calls

- Call others to chat
- Call to get information
- Call to inform someone else



Websites with FREE Conversation Prompts:

<https://conversationstartersworld.com/250-conversation-starters/>

This is a giant list that's a good go-to when you don't know someone yet and don't have a specific theme of question to ask.

<https://www.verywellfamily.com/conversation-starters-for-kids-4160004>

These prompts are focused on bringing out attributes such as confidence, empathy, imagination, gratitude, etc.

<http://iteslj.org/questions/>

Although this is an ESL website, the questions are organized by topic which could be helpful for someone with a particular interest area. There are TONS of topics!

<https://www.conversationstarters.com/openendedquestions.htm>

Open-ended questions are nice because they allow flexible vocabulary and fall in line with motivational interviewing, which is a person-centered approach to discussions.

<https://conversationstartersworld.com/questions-to-get-to-know-someone/>

One last huge list of questions that start simple and then move to slightly more deep / personal questions.



Auditory Comprehension

For higher-level clients, develop a list of personally-relevant listening tasks they can complete while taking notes, using a strategy, or summarizing the information.

www.ted.com This is a free bank of videos (ranging from 5-18 minutes each) with adult-level interesting content. You are able to search by topic of interest.

If you need help getting started, check out the comprehension questions for 8 different TED Talks created by Honeycomb Speech Therapy here:

<https://honeycombspeechtherapy.com/ted-talks-master-list/>

What comprehension tasks might be important for you to practice at this time? What strategies or tools will help you be successful?



Reading Comprehension

Need to practice reading? Consider using your own reading materials:

- Books
- Recipes / Cookbooks
- Manuals
- Work meeting note
- Magazines
- Medication instructions
- Food labels

Websites with FREE Reading Passages:

News In Levels: <https://www.newsinlevels.com>

You can choose Levels 1, 2, or 3 for longer or shorter lengths. You can also choose topics such as funny, history, sports, nature,

Mr. Nussbaum:

<https://mrnussbaum.com/lang-arts/reading-comprehension-online>

These are created for students and many of the sections are historical or teaching new facts. You can change grade level as appropriate.

TalkPath News: <http://talkpathnews.aphasia.com>

You do need a (free) account to access these 1-2 minute passages with videos also available. They are developed for patients with aphasia and apraxia but the written passage would work for this need.

NYT Learning Network: <https://www.nytimes.com/section/learning>

Although created for high schoolers, I love using this website with adults in speech therapy. These include higher-level and longer news stories. If you scroll down, you can sort by topic such as sports, tech, science, health, business.

ESL Reading: <https://www.rong-chang.com/reading.htm>

For a lower-level client where you need simple sentence structure and 50 words or less, you could try an ESL website like this.



Audiobook options:

Check your local library! What options do they have? _____

Technology:	Notes:	Learn More:
Audible.com	-iPhone, iPad, Android, Kindle, Alexa -Subscription option -Listen to audio books	https://www.audible.com
TalkPath News by Lingraphica	-Webpage or App -Free, Register account -1-minute news stories, written and read aloud. -Able to turn off audio or sort stories by topic	http://talkpathnews.aphasia.com
Voice Aloud Reader	-Android -Free -Reads web pages, PDFs, emails, DOC files aloud	https://play.google.com/store/apps/details?id=com.hyperionics.avar
BookShare	-Use on devices, web, phone, tablet -Free for those with reading barrier -Audiobooks, braille, large print, and other accessibility options	https://www.bookshare.org/cms/



Written Expression

It's important to practice writing words and tasks that are important to you. Consider which of the following writing tasks might be important to practice at this time:

- Writing a card to someone you can't visit
- Signing your name and DOB
- Practicing check information
- Hand-writing a recipe to pass on
- Texting
- Sending an email
- Writing a story about your life
- Creating a work report or manual

What tasks might be important for you to practice at this time? What strategies or tools will help you be successful?



Motor Speech

It's important to practice sounds and words that you say in everyday life. Practice saying your list and decide if it was "clear" or "unclear" each time.

Functional Phrase List

	Practice



Using Speech Strategies in Everyday Life

I am using these strategies to help my speech: _____

I could practice these strategies in these situations: _____

Date	Strategy / Situation	How did it go?



Attention

Attention: There are many ways you can use your attention in a meaningful way at home. Create a list of tasks, how long you could do the task, and what strategies you may need to use.

For example, consider simple attention tasks like:

- Folding laundry
- Cooking simple meals like scrambled eggs
- Writing a to-do list
- Sorting a closet
- Emptying the dishwasher
- Baking cookies
- Setting the table
- Organizing papers

<u>Task for my attention</u>	<u>How long should I do this:</u>	<u>What strategies should I use:</u>



Home Program Log for Attention

Practice: _____

Where / When: _____

Notes: _____

My Practice Log:

Date:	Practice:	Notes:



Memory

Memory Strategy Homework Log

The goal is to be intentional about using memory strategies for at least 15-30 minutes in a day. Make note of what's working for you!

	<u>Situation + Strategy Used</u>	<u>What Did I Notice?</u>
<u>Monday</u>		
<u>Tuesday</u>		
<u>Wednesday</u>		
<u>Thursday</u>		
<u>Friday</u>		
<u>Saturday</u>		
<u>Sunday</u>		



Remembering What To Do

You may use the following to practice using a strategy in order to stay on task while you are going from one place to another. You may also use an example from your own life if able.

Key Question: What Strategy Will You Use?

Try taking a short walk or completing another activity while you use a strategy to recall a task. See if the strategy is helpful in keeping you on task and remembering what you need to do. Then, decide when else you could use this strategy in your week!

<u>Task To Recall:</u>
Let out the neighbor's dog
Gather the library books and set them on the counter
Call your sister back about weekend plans
Write down lunch items on your grocery list
Reschedule your hair appointment
Send a birthday card to your nephew
Check if you have AAA batteries
Arrange for transportation to the airport next month
Email your work about your short-term disability policy
Pull out chicken from the freezer for dinner tonight



Problem-Solving

GOAL: What do I want to accomplish? _____

PLAN: This is my plan for how I will accomplish my goal:

<u>Materials Needed:</u>	<u>Steps:</u> 1. 2. 3. 4. 5.
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Predictions: Helpful Strategies:

Time to Complete:

Other:

DO. I do what I planned.

REVIEW: I review how it went and make changes for next time.

I would rate the success of accomplishing my goal:										
1	2	3	4	5	6	7	8	9	10	

Did I encounter any problems? _____

Do I need to change strategies? _____



Plain Language Information about COVID-19

From Tactus Therapy:

<https://tactustherapy.com/covid-19-aphasia-friendly-information/>

In English:

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

In Spanish:

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Spanish-Plain-Language-Information-on-Coronavirus.pdf>