

SLP-chosen for you, from the Nicespeechlady.com library SPEECH PATHOLOGY PATIENT: _____



SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

DATE: _____

HOME PROGRAM: Fitting It In

BUILDING IN SPEECH HOME PRACTICE TASKS IN DAILY ACTIVITIES -- FOR TIME EFFICIENCY

Practicing tasks that address speech pathology goals need to be conducted every day for positive outcomes. Patients performing home programs each day — allow for daily work toward goals.

Instructions: The following are suggestions to build home program tasks into daily activities:

- For tasks that do not involve visual information for reference, perform the home programs while being a passenger in vehicles.
- Perform one of the tasks or exercises each time the patient uses the restroom, dispersed throughout the day.
- Perform oral motor exercises, laryngeal strengthening/vocal exercises or voice exercises after performing tooth brushing/oral care in front of a mirror.
- Perform about 5 minutes of exercises immediately prior to each meal.
- Perform about 5 minutes of exercises immediately following each phone call that is made.
- If more than one home program has been assigned in the same time-frame (occupational therapy and physical therapy in addition to speech pathology home programs) — stagger them so not every program is focused on each day, to keep the process simple.
- Perform laryngeal strengthening tasks during oral intake/meals, if deemed safe and indicated.
- Consider talking about an item from the program while socializing — practice when it is appropriate in daily life; reflect on this and share this with your speech pathologist, as indicated.
- Increase awareness of the target task in listening to others communicate or swallow; reflect on this and share this with your speech pathologist, as indicated.
- If the target task is communication, incorporate strategies in leisure activities, such as singing, or in playing leisure games.

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- Try using communication strategies in conversational situations outside of the home or therapy room — when ordering an item at a store, when communicating over the phone, when picking up mail at the post office, when picking up prescriptions, etc. Reflect on this and share this with your speech pathologist, as indicated.
- Try utilizing communication strategies in different voices or in a different manner (high/low voice, (safe in terms of voice) cartoon characters, fast/slow rates, etc.) – just for practicing use of the strategies; reflect on this and share this with your speech pathologist, as indicated.
- Perform the strategies in a mental imagery task, where the patient imagines using the strategies successfully in different situations.
- Throughout the day, every time a commercial is played on the television, perform 1-2 minutes of the oral motor exercises, laryngeal strengthening exercises or voice exercises.
- Perform speech tasks, and make recordings. Listen to this recording, try again to improve effectiveness; reflect on this and share this with your speech pathologist, as indicated.
- Practice strategies in performing phone calls to strangers, calling and asking questions at businesses or organizations; reflect on this and share this with your speech pathologist, as indicated.
- Practice home program tasks with family members/caregivers present vs. performing them alone; reflect on this and share this with your speech pathologist, as indicated.
- Choose a common word for each day and each occurrence this word is spoken in every day communication, perform three minutes of exercises (common words, such as “you,” “OK,” and “sure”).
- Set a timer or alarm clock to perform several exercises on the hour, or at different times of the day.
- Plan to perform exercises during less-busy times of the day, such as at the start of the day or between therapy sessions.
- If these suggestions do not work for a patient, the patient should discuss the challenges and barriers to implementing the home program with the speech pathologist -- and work together to find functional solutions for finding a way to structure a home program into daily activities.