

# COMMUNICATION GROUPS SCHEDULE AND FORMAT

## FORMAT

- 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

### ALZHEIMER'S GROUP

1–2:00 p.m.  
Wednesdays

### APHASIA GROUP

9–10:30 a.m.  
Wednesdays

### PARKINSON'S LOUD CROWD

1–2 p.m.  
Mondays

- All groups will meet once a week.
- All materials will be provided.

## LOCATION

Groups will meet in the WTAMU Speech and Hearing Clinic in downtown Amarillo. Patient parking on the West side of the building.

## REGISTRATION

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

Amarillo Center  
720 S. Tyler  
Downtown Amarillo

Phone: 806.651.5101  
Fax: 806.651.5105  
wtclinic@wtamu.edu



West Texas A&M  
University™  
DEPARTMENT OF  
COMMUNICATION DISORDERS



# COMMUNICATION GROUPS

DEMENTIA  
APHASIA  
PARKINSON'S DISEASE



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## DEMENTIA SUPPORT GROUPS

Dementia is characterized by a general decline in mental abilities. 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.

### PROGRAM GOAL

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



## APHASIA CONVERSATION GROUPS

Aphasia refers to the change in communication abilities a person experiences following a stroke. 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. 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 with intent has proven to increase intelligibility of speech in persons with PD.

### PROGRAM GOAL

**The goal is to teach participants to speak with intent and communicate more effectively utilizing the SPEAK OUT!® program developed through the Parkinson Voice Project.**