

# **Therapeutic Singing for Persons With Aphasia (PwA)**

**Lynn LaRue Chenoweth, MT; Music Director**

**Loud & Proud Singers**

*Aphasia Community Friendship Center*

*Ann Arbor, Michigan*

**LEARNING OUTCOMES:** Participants will be able to

- Discuss the research-based benefits of a *life-participation* activity for PwA
- Define therapeutic singing for PwA and other populations
- Name six or more shared properties of speaking & singing
- Name four or more benefits of a physical warm-up before singing
- Name six or more rehab & social benefits of therapeutic singing
- Describe/demonstrate vocal warm-up exercises that address general speech & language goals
- Identify three or more considerations when choosing songs for an aphasia chorus
- Adapt song sheets for aphasia chorus members
- Plan & facilitate a Hootenanny Sing-along for PwA and their care-partners

## **THERAPEUTIC SINGING (TS)**

**Definition:**

## **THERAPEUTIC SINGING ACROSS POPULATIONS**

### **WHY SING FOR APHASIA?**

**REHAB BENEFITS** Improved

- oxygen intake, respiratory functioning
- posture & abdominal breathing
- vocal range, intensity, pacing
- verbal output, articulation, intelligibility
- concentration & memory
- feelings of physical, emotional, & mental well-being

**SOCIAL BENEFITS OF GROUP SINGING** Increased

- self-awareness & self-confidence - 'becoming'
- sense of community - 'belonging'
- sense of accomplishment - 'doing'
- sense of being recognized - feeling 'visible'

### **WHY LOUD & PROUD SINGERS LIKE TO SING**

## PARALLEL PROPERTIES OF SINGING & SPEECH

- Tempo - Rate/pace
- Dynamics - Vocal Intensity
- Pitch (intonation) - Pitch - (variation)
- Vocal Range - Vocal Range
- Rhythm (meter driven) - Rhythm (language driven)
- Melody . . . Articulation . . . Intelligibility . . . Timbre

## REHEARSAL WARM-UPS

**OBJECTIVE** to *prime* vocal system for singing

### PHYSICAL

- Head up/down, side-side, roll clockwise/counter-clockwise
- Face: Piggy-Lion
- Arms: Raise & lower, abduct & adduct, crossing midline, circles
- Torso twists & bends
- Sit, Stand, Balance

### VOCAL

- Nasal . . . N-N-N . . . 5 - 3 - 1
- Head . . . Whooo - whooo . . . 5 - 1
- Chest . . . Yo-yo-yo . . . 1 - 5 - 1
- Mixed . . . Kay-kay-kay-kayn . . . 8 - 5 - 3 - 1
  
- Bella Mamma
- Exercise for Dysarthria (dee, paw . . . oon naw . . . kaw law . . . pitter patter)
- Doo, Doo, Bee, Doo, Bee, Doo YEAH *Breaking up is hard to do.*
- Shaboom, Shaboom . . . La, Ba, Da, Ma, Pa

**TS SONG SHEETS** Making them aphasia-friendly.

## THERAPEUTIC SINGING FOR PwA

**OBJECTIVE** to facilitate timing & coordination of breath control

**SONG** *Country Roads (chorus)* . . . John Denver

Country roads ----->

Take me home ----->

To the place ----->

I belong ----->

West Virginia ----->

Mountain momma ----->

Country roads ----->

Take me home.----->

**OBJECTIVE to improve abdominal breathing & vocal intensity**

**SONG** *This Little Light Of Mine*

This little light of mine ----->

I'm gonna let it shine ----->

This little light of mine ----->

I'm gonna let it shine ----->

This little light of mine ----->

I'm gonna let it shine

Let it shine, let it shine, let it shine ----->

**SONG SUGGESTIONS**

- *We Are Climbing Jacob's Ladder*
- *Michael Row A Boat A Shore*
- *If I Had A Hammer*
- *We Shall Overcome*

**OBJECTIVE to improve memory skills through story telling & repetition**

**SONG SUGGESTIONS**

- *Five Hundred Miles*
- *Where Have All The Flowers Gone?*
- *Doo Ron Ron Ron, A Doo Ron Ron*
- *There's A Hole In The Bucket, Dear Liza*
- *Tie A Yellow Ribbon 'Round The Old Oak Tree*

**OBJECTIVE to improve vital capacity, breath support, and vocal range through melodic contour**

**SONG SUGGESTIONS**

- *Moon River*
- *Dona Nobis Pacem*
- *Oh, What A Beautiful Morning*

**OBJECTIVE to improve aural skills - (call & response)**

**SONG** *'Til Kingdom Come . . . Coldplay version*

VERSE

. . . . . Steal my heart . . . . . and hold my tongue

. . . . . I feel my time . . . . . my time has come

. . . . . Let me in . . . . . unlock the door . . . . . (pause)

I've never felt this way before \_\_\_\_\_ CHORUS

### **SONG SUGGESTIONS (*call & response*)**

- *Country Roads*
- *Sippin' Cider Through A Straw*

### **OBJECTIVE to improve memory**

#### **SONG SUGGESTIONS (*story songs*)**

- *Five Hundred Miles*
- *This Land Is Your Land*
- *Where Have All The Flowers Gone?*
- *Tie A Ribbon 'Round The Old Oak Tree*

### **HOOTENANNY SING-ALONG**

**OBJECTIVE** to provide an opportunity for PwA to engage in a *life-participation activity* through group singing -----> Quality of Life

#### **STEP #1 Questions to be answered.**

- What is your goal?
- Type of Program: Time limited or Ongoing
- Where: Rehearsal space
- When: Day, time, length of rehearsals; frequency
- Who: PwA (only) or PwA & Caregiver (mixed)
- Funding Resources to cover expenses (music director, accompanist, copying, rent ?)
- Membership Fee No? Yes? How much?
- PR Resources: (MSHA News Letter, Rehab Centers, Community TV, Newspaper, Church Bulletins & Choir Directors, Chamber of Commerce, etc.)
- Volunteer support? No? Yes? Volunteer resources?
- Option: Lunch before or after the rehearsal?

#### **STEP #2 Prepare**

- Rehearsal Song List
- Lyric sheets (aphasia-friendly)
- Musical backup - i.e. YouTube, CDs, Play List, Piano, Guitar/Ukulele

#### **REHEARSAL PLAN . . . Sample Outline**

- Greeting Song
- Physical Warm-up
- Vocal Warm-up
- Familiar Songs
- New Song
- Familiar Songs
- Closing Song

## **LOUD & PROUD SINGERS . . . 3/22/3019**

**Hootenanny Sing-along Song . . . Jesse Morgan, EMU Student MT, Accompanist**

**Where Have All The Flowers Gone? . . . Story**

<https://www.youtube.com/watch?v=Mx8wfhON80Q>

**I Won't Back Down (Johnny Cash)**

<https://www.youtube.com/watch?v=N8i5NLYXZdc>

**Let It Shine, Let It Shine (Randy Newman) . . . Caregivers (verses)**

<https://www.youtube.com/watch?v=LtY2lTYxtmc>

**Bring It On Home To Me (Sam Cooke) . . . Thomas & Group**

<https://www.youtube.com/watch?v=WjtdPBN6jE>

**We Will Rock You (Queen) . . . Bob, Ray & Group**

<https://www.youtube.com/watch?v=6SdIVPs8gZ8>

**Doo Run Run, A Doo Run Run (David Cassidy) . . . (Gals & Guys)**

[https://www.youtube.com/watch?v=KGIyCf\\_DFug](https://www.youtube.com/watch?v=KGIyCf_DFug)

**Let It Be (Beatles)**

<https://www.youtube.com/watch?v=q-9Y-QLjU0Y>

**Sweet Caroline (Neil Diamond) . . . Everyone Sings**

<https://www.youtube.com/watch?v=YdW69V34GfY>

**Hey Jude (Chorus only) (Beatles) . . . Everyone Sings**

## **WORLDWIDE APHASIA CHOIRS/CHORUSES**

**Adler Aphasia Center - Tip Of My Tongue (Original Song)**

<https://www.youtube.com/watch?v=AWQIxPnGvcs>

**Aphasia Tones (California State University East Bay)**

<https://www.youtube.com/watch?v=Ewo5ABdDeEg>

**CeleBRation Choir (mixed neurogenic communication disorders choir)**

<https://www.youtube.com/watch?v=DqtMTi37GJk>

**HARC Heralds Aphasia Choir (Huston Aphasia Recovery Center)**

<https://www.youtube.com/watch?v=2wkyt1IHRYQ>

**Hong Long Society for Rehabilitation Choir**

[https://www.youtube.com/watch?v=3LFP9dIjB\\_8](https://www.youtube.com/watch?v=3LFP9dIjB_8)

**London Stroke Choir**

<https://www.youtube.com/watch?v=P3fzt5GkUIE>

**Loyola Clinical Centers Aphasia Chorus**

[https://www.youtube.com/watch?v=O-\\_eKvYHHBU&feature=youtu.be](https://www.youtube.com/watch?v=O-_eKvYHHBU&feature=youtu.be)

**MN Voices Moving Forward Aphasia Choir (Minnesota Connect Aphasia Now)**

[https://www.youtube.com/watch?v=mTmVK\\_4BhIQ](https://www.youtube.com/watch?v=mTmVK_4BhIQ)

**NeuroChoir (Virtual choir experience) (University of New Mexico)**

[https://www.youtube.com/watch?v=guU\\_uRaFbHI](https://www.youtube.com/watch?v=guU_uRaFbHI)

Sing It Out: Unique Choir Helps Aphasia Survivors featuring Texas Tech Choir  
<https://www.youtube.com/watch?v=NQtpwrAulbA>

Stroke a Chord Choir (Wales)  
[https://www.youtube.com/watch?v=HWYc1tk\\_KWI](https://www.youtube.com/watch?v=HWYc1tk_KWI)

The Mumbles Aphasia Choir  
<https://www.youtube.com/watch?v=iQQUOeKIUuE>

## SELECTED REFERENCES

Aphasia Choirs With Melinda Corwin (*AphasiaAccess Conversations 2018*)  
<https://aphasiaacc.memberclicks.net/assets/Melinda%20Corwin%20Show%20Notes.pdf>

Fogg-Rogers, L., Buetow, S., Talmage, A., McCann, C. M., Leão, S. H., Tippett, L., ... & Purdy, S. C. (2016). Choral singing therapy following stroke or Parkinson's disease: An exploration of participants' experiences. *Disability and Rehabilitation, 38*(10), 952-962.

Cano Fox, M., Bernstein-Ellis, E., Mahendra, N. (2018) Choirs Lift Up: The Impact of Participation in Aphasia Choirs on Identity and Well Being. Presentation at the American Speech-Language-Hearing Association Conference, Boston, Massachusetts.

Cano Fox, M., Bernstein-Ellis, E. Alonso, M. (2018) Participation at Every Level: Aphasia Tones Choir Protocol and SLP's Role in Promoting Access. Presentation at the American Speech-Language-Hearing Association Conference, Boston, Massachusetts.

Di Benedetto, P, et al. (2009) Voice and choral singing treatment: a new approach for speech and voice disorders in Parkinson's disease. *European Journal of Physical and Rehabilitation Medicine, 45*, 13-19.

Jones, B., Bernstein-Ellis, E., Rose, M., Mahendra, N. (2013) Aphasia Choirs Go Global: An International Survey Comparing Structure, Goals, and Outcome Measures. Poster presented at the American Speech-Language-Hearing Association Conference, Chicago, Illinois.

Life-Participation Approach to Aphasia; A Statement of Values for the Future  
<https://www.asha.org/public/speech/disorders/lpaa/>

Mantie-Kozlowski, A., Mantie, R., & Keller, C. H. (2018). Enjoyment in a recreational sing-along group for people with aphasia and their caregivers. *Aphasiology, 32*(5), 518-537.

Natke U, Donath T M, and Kalveram K T (2003). Control of voice fundamental frequency in speaking versus singing. *Journal of the Acoustical Society of America, 113*, 1587-93.

Ozdemir E, Norton A, and Schlaug G (2008). Shared and distinct neural correlates of singing and speaking. *NeuroImage, 33*, 628-35.

Polovoy, C. (2014). From Silence to a 'Din of Interaction': An SLP harnesses her musical passion to found a choir for people with aphasia. *The ASHA Leader, 19*(10), 20-21.

Tamplin, J., (2008). A pilot study into the effect of vocal exercises and singing on dysarthric speech. *NeuroRehabilitation, 23*, 207-17.

Tamplin, J., Baker, F. A., Jones, B., Way, A., & Lee, S. (2013). 'Stroke a chord': the effect of singing in a community choir on mood and social engagement for people living with aphasia following a stroke. *NeuroRehabilitation, 32*(4), 929-941.

Wan, C. Y., Ruber, T., Hohmann, A., and Schlaug, G., (2010). The therapeutic effects of singing in neurological disorders. *Music Perception, 27*, 287-95.

Zumbansen, A., Peretz, I., Anglade, C., Bilodeau, J., G n reux, S., Hubert, M., & H bert, S. (2017). Effect of choir activity in the rehabilitation of aphasia: a blind, randomized, controlled pilot study. *Aphasiology, 31*(8), 879-900.