

## Make New Friends, but Keep the Old

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## Disclosures – Strong

### Financial:

- Salary from Central Michigan University
- Owner, Strong Speech Consulting, Inc.

### Nonfinancial:

- Founding member and facilitator of the Lansing Area Aphasia Support Group
- Director, Strong Story Lab
- University Liaison, Virtual Connections for Aphasia



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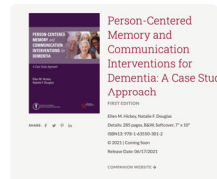
## Disclosures – Douglas

### Financial:

- Salary from Central Michigan University
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- Book from Plural Publication about these topics coming out in June 2021
- Research funding from the American Speech-Language-Hearing Foundation

### Nonfinancial:

- None



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When you can't talk and when you've had a stroke – um – you lose a lot of your friends (crying silently)" Brown et al., 2013, p.168.

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## Learning Objectives

1. Describe the relationship between friendship and overall health
2. Describe 3 ways to incorporate speech-language interventions to support both friendship maintenance and making new friends for people with chronic communication disorders
3. Describe an ongoing international research collaboration to support friendship maintenance in people with aphasia

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## Learning Objective 1

Describe the relationship between friendship and overall health

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## The Case for Friendship

- Decreased gait speed and increased difficulty in activities of daily living (Shankar et al., 2017)
- More depression, bipolar disorder, schizophrenia (Chamberlain et al., 2019)
- Cardiovascular disease, diabetes, stroke (Alun & Murphy, 2019; Valtora et al., 2016)
- Rehospitalization & death (Liotta et al., 2019; Tanskanen & Anttila, 2016)

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## National Institute on Aging

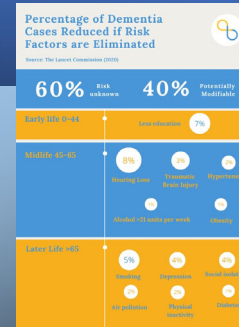
### Free downloadable resources

- <https://www.nia.nih.gov/sites/default/files/social-isolation-loneliness.pdf>
- <https://www.nia.nih.gov/sites/default/files/feeling-lonely-socially-isolated.pdf>

### Health Related Information

- <https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>

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- Minimise diabetes
- Treat hypertension
- Prevent head injury
- Stop smoking
- Reduce air pollution
- Reduce midlife obesity

- Maintain frequent exercise
- Reduce occurrence of depression
- Avoid excessive alcohol

- Treat hearing impairment
- Maintain frequent social contact
- Attain high level of education

Reduced neuropathological damage (amyloid or tau-mediated, vascular or inflammatory)

Increased and maintained cognitive reserve

Preventing dementia

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David had to sit silently as stroke club volunteers said of him: "He's got a lovely wife." People [like David] became invisible, talked about as if they were not there.

(Peters, 2007, p. 113)

"...if he sees somebody he used to work with he'll look at them and they'll walk away, they can't cope with it you know, they walk away... He doesn't go out as much as he used to. Yea, he used to go out a lot more, but he seems to be drawing back, getting more and more isolated as time goes on."

(Peters, 2007, p. 113)

## Aphasia and Social Life

- "It appears that aphasia, more than any other stroke-related factor, can challenge a person's ability to maintain a strong social network in the months following a stroke." Northcott, Marshall, & Hilari, (2016)
- Studies have found people with aphasia who report having no friends at one-year post onset (Hilari & Northcott, 2006)

Simmons-Mackie, 2018

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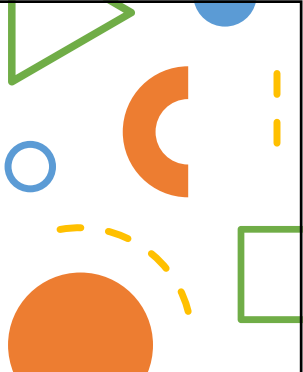


**FRIENDSHIP MATTERS**

- Friendship contributes to quality of life and physical health
- Friendship and rich social networks are highly associated with life satisfaction and well-being
- Having few social contacts outside the house was found to be strongest predictor of depression

Simmons-Mackie, 2018


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## Learning Objective 2

Describe 3 ways to incorporate speech-language interventions to support both friendship maintenance and making new friends for people with chronic communication disorders

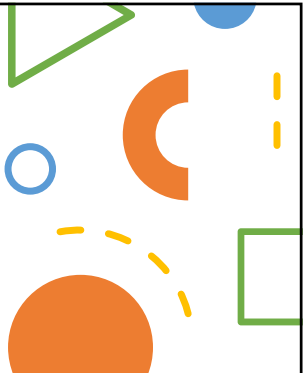
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## Key Principals

- Person-centered, meaningful care
- Tailored to the individual
- Maximize functional behaviors
- Maximize life participation
- Maximize independence in activities of daily living
- Maximize joy
- Decrease suffering


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## Conversation Therapy

- Number of words used
- Number of nonverbal communication acts
- Increased conciseness
- Number of novel sentences
- Number of on-topic statements

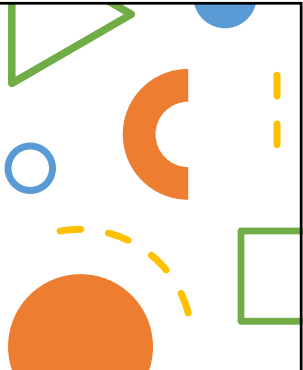
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## Reminiscence Therapy

- Employing memory books, topics of interest
- Decrease in responsive behaviors
- Decrease in repetitive verbalizations
- Increased quality of life
- + some of the conversational outcomes

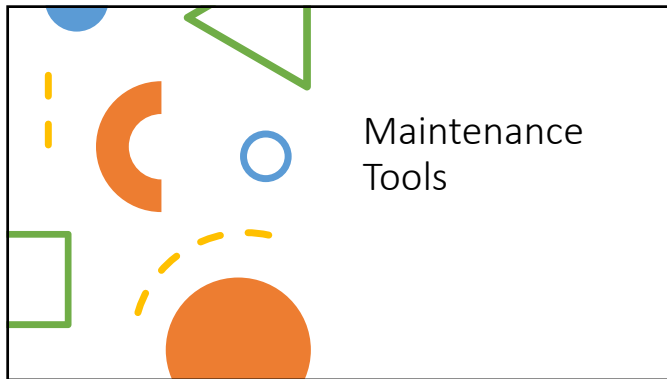
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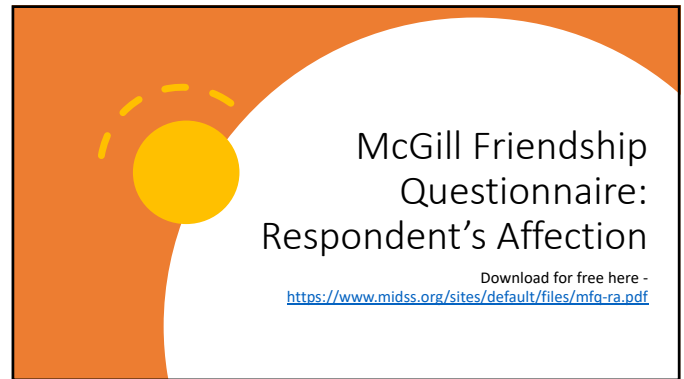
## Social Interaction + Procedural Task

- Montessori-based activities
- Meaningful roles
- Activities of daily living
- Intergenerational activities and programming

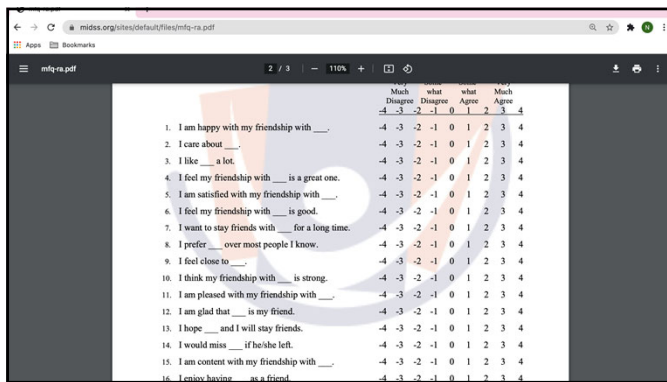
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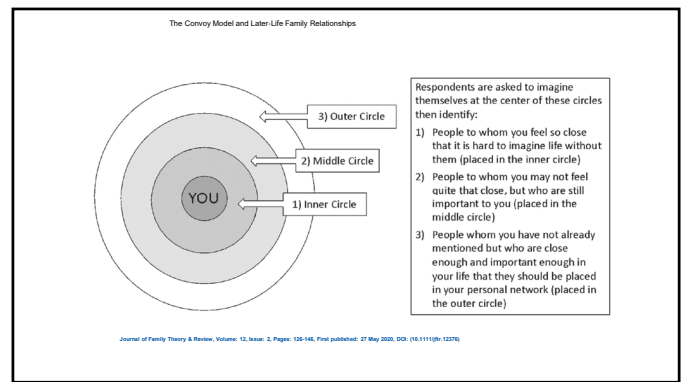
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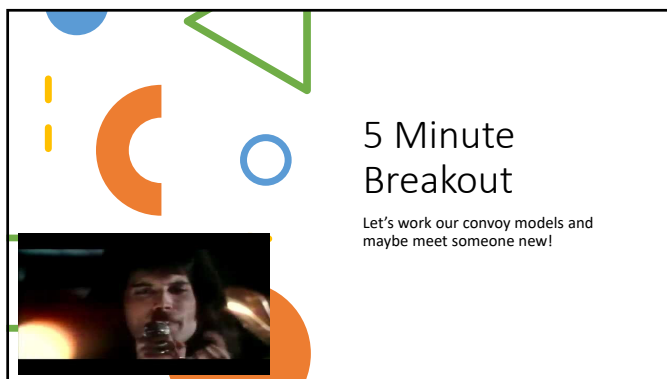
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### Candidacy for Group Treatment

- Yes: Must already be on caseload
- Yes: Someone who can stay awake for at least 15 minutes
- Yes: Someone who can leave their room safely without supervision
- No: Someone whose presence in the group could hurt them or another potential group member

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### Candidacy for Group Treatment

#### Elders of Mixed Abilities

- Teaching, mentorship
- A former teacher reading aloud to others in a group who enjoy stories but may be unable to read for enjoyment themselves

#### Similar Abilities

- Enjoyment
- Engaging with animals, plants, an activity of interest

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### Candidacy for Group Treatment

- Up to 25% of each patient's therapy can be in groups of up to six participants
- Group treatment is always a *supplement* to individual treatment
- Clinical judgment is paramount
- Group treatment should *never* be provided for the convenience of the clinician or facility

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### Candidacy for Group Treatment

*"Financial motives should not override the clinical judgment of a therapist or therapy assistant or pressure a therapist or therapy assistant to provide less than appropriate therapy, including putting patients in large groups that are not clinically appropriate for those patients."*

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### Skilled Treatment Considerations

- Specific speech-language, cognitive-communication goals
  - Quantity and quality of conversation
  - Following simple routines and directions
  - Answering questions
- Training other staff
- Transition to restorative or maintenance care

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### Practical Ideas

- Movement groups
- Music groups
- Caring for something living – pet, plants, garden, herbs
- Hallway bingo - the team goes hall by hall to call out bingo while residents check their cards in their doorways

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## Practical Ideas

- Scheduled phone and video chats with friends and family
- Travel and Leisure's new virtual tours
  - Tours of the British Museum in London, the Guggenheim Museum in New York, the National Gallery of Art in Washington, D.C., the Musée d'Orsay in Paris and several others

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## Art Groups

- **Drawing for People with Aphasia**  
<https://www.aphasiadrawing.org/>
- **Monthly** workshop
- Available **online**
- **Virtual** gallery visits
- <https://www.aphasiadrawing.org/virtual-gallery-visits>
- Ask **local art venues**, if they do art **classes**.

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## 5-minute break

Maybe take a walk, text a friend, send a note to a friend, you get the idea!

ONE IS SILVER AND  
THE OTHERS GOLD

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## 5-minute Meditation

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## The Evidence

- Many **studies** show that taking part in **art activities** or being part of an **art group** can help people who have had a **stroke** or suffer from **aphasia**.
- **Decreases isolation and depression.**
- (Beesley et al., 2011, Morris et al., 2014, Mumby & Whitworth, 2012, Reynolds, 2012, Sun-Hyun et al., 2008)

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## Practical Ideas

- Passing out magazines and having residents go on a scavenger hunt for certain items in the publications
- A traveling beauty cart in which people can provide hand, arm and leg massages, brush and style hair, paint nails

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### Practical Ideas

- Anything outdoors – birds watching, gazing at plants
- Pen-pal program
- Line-dancing and singing in hallways
- Recording musical performances by residents to share with others on the community's internal TV channel

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### Practical Ideas

- Friendship Line (800-971-0016)
  - 24/7, toll-free phone line for people aged 60 years and up
  - Offered by the Institute on Aging (IOA)
  - A friendly chat with trained volunteers who specialize in conversations with seniors with depression

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### Practical Ideas

- Virtual Social Events
  - A combination of webcams and videoconferencing applications
  - Connecting residents for games and other social endeavors

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### Practical Ideas

- Google Earth National Park Tours
  - “Visit” national parks across the country and talk about where they have been
  - What did they see? Who were they with?

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### Practical Ideas

- Memory Well – Offering free interactive digital timelines to help promote connection between family members through videos, pictures, audio, letters, and notes
  - <https://app.memorywell.com/e-commerce/timelineintro>

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### Practical Ideas

- The Greenhouse Project
- Can watch previous recordings - <https://www.thegreenhouseproject.org/events/webinars/covid-19-webinar-series>
- Partners with senior living providers to create homes for elders that demonstrate more powerful, meaningful, and satisfying lives, work, and relationships

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### Practical Ideas

- Covia  
To enhance emotional connection and engagement including meditation, art, writing, reading, conversation, and much more  
<https://covia.org/services/well-connected/>
- <https://covia.org/wp-content/uploads/2020/04/Well-Connected-Spring-Summer-Catalog-2020.pdf>

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### Practical Ideas

- Getty Images (for creative and intellectual interests) View a large collection of images searchable by word, like "sunset"  
<https://www.gettyimages.com/>
- Google Arts and Culture (for creative and cultural exploration)  
<https://artsandculture.google.com/>

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### Practical Ideas

- FactSlides (great for vocational and intellectual interest!)
- This trivia site has facts about lots of things, including chocolate!  
<https://www.factslides.com/s-Chocolate>

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### Practical Ideas

- <https://www.history.com/this-day-in-history>
- <https://www.nasa.gov/nasalive>
- <https://www.free-mandalas.net/>
- <https://storycorpsorg-staging.s3.amazonaws.com/uploads/StoryCorps-Connect-Great-Questions-Final.pdf>

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"Online technologies could be harnessed to provide social support networks and a sense of belonging, although there might be disparities in access to or literacy in digital resources."

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### Virtual Setup

- iPad or iPad Mini
- Facebook portal
- Amazon Echo Show
- Kindle Fire
- Microsoft Surface
- Samsung Galaxy Tablet
- Headphones (for individual use)
- Assistive/adaptive equipment
- Tripods (floor or tabletop) or stands

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## Virtual Setup

- Protective covers that allows for cleaning and disinfection
- Cleaning and disinfection products in accordance with recommendations of the device manufacturer
- Review the EPA's Disinfectant List for Use Against SARS-CoV-2 to determine if the disinfectant listed in the manufacturer's instructions are listed

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## Virtual Setup

- Free software
  - WhatsApp (international)
  - FaceTime (Apple)
  - Google Meet
  - Facebook Messenger
  - Skype
  - Zoom for 40 minutes

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## Getting online for people with aphasia



**Stroke Association Resource**  
Online, PDF, and Video Formats

## Getting online for people with aphasia

This guide is for **people with aphasia**.  
This guide is also for your **family and friends**.  
It has information about **getting online** and **using technology**.  
You can **get online** even if you have never done this before.  
This guide has **14 sections**.  
You do not need to use all sections.  
Take your **time** and work at your **own pace**.  
**Practice** with a family member or friend.

<https://www.stroke.org.uk/what-is-aphasia/communication-tools/getting-online-people-aphasia>

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## Stroke Support Group Finder

<https://www.stroke.org/en/stroke-support-group-finder>



## Find a Stroke Support Group Nearby

All fields are required.

Zip Code Radius

48823

50 Miles

Search

If your initial search does not pull up any groups, try increasing your mile radius.



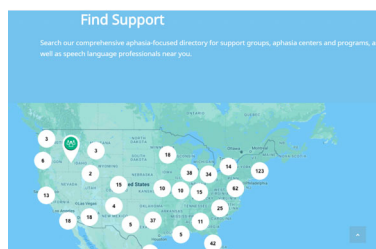
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## Aphasia Support Groups



**National Aphasia Association**

- [www.aphasia.org](http://www.aphasia.org)
- Support Group Finder
- Also a place where existing groups can register their group for others to find.
- Professionals can become affiliates and list information about their services



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## Online Aphasia Communities

<https://www.aphasiarecoveryconnection.org/>

- 10,000+ members in ARC
- Group members can:
  - Meet others with aphasia and their caregivers & families
  - Help new group friends stay in touch
  - Learn the latest information about aphasia
  - Help each other through difficult times

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This week's offerings  
<https://devices.aphasia.com/virtual-connections>

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### Aphasia Book Clubs

- Build a sense of community
- Increased confidence in reading and talking
- Opportunity to build friendships
- Skill building
  - Reading comprehension
  - Verbal Expression
  - Auditory comprehension

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### The Superb Trial

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### Learning Objective 3

Describe an ongoing international research collaboration to support friendship maintenance in people with aphasia

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### A.F.A.S.I.A Project

- Investigation of perceptions and lived experiences of people with aphasia, spouses and friends
- Study of friendship in aphasia
- Identify key elements of friendship maintenance in the early stages of aphasia and to create clinical resources, training and implementation support that will guide clinicians in individualizing friendship maintenance programs
- The long-term goal is to use the initial study data to develop and evaluate an intervention for maintaining existing friendships after aphasia

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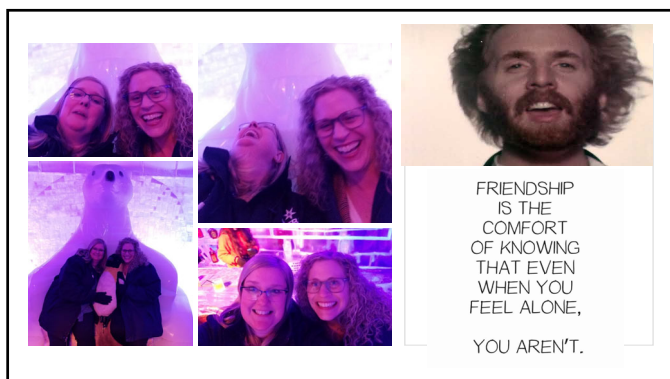


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### One is Silver and the Other Gold

- How can we support friendships in practice?
- Can we target friendship directly in therapy?
- How can we connect people with chronic communication disorders with one another?
- What can we do to cultivate friendships within our own communities?

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