Therapeutic Singing for Persons With Aphasia (PwA)

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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.------------------------------->

Breaking up is hard to do.
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=Mx8yw1p080Q

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=L1Y2ITYxtmc

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=6SdIPv8s8gZ8

Doo Run Run, A Doo Run Run (David Cassidy) . . . (Gals & Guys)
https://www.youtube.com/watch?v=KGlYcF_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=YdW69V34GiY

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=4WQixPnGvcs

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=QaiMTi37GJK

HARC Heralds Aphasia Choir (Huston Aphasia Recovery Center)
https://www.youtube.com/watch?v=2wkyr1IHRyQ

Hong Long Society for Rehabilitation Choir
https://www.youtube.com/watch?v=3LFp9djIB_8

London Stroke Choir
https://www.youtube.com/watch?v=P3jz5GkUJE

Loyola Clinical Centers Aphasia Chorus
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

NeuroChoir (Virtual choir experience) (University of New Mexico)
https://www.youtube.com/watch?v=gU_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

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


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


