



ASHA CE
APPROVED PROVIDER

South Dakota
Speech-Language-Hearing
Association

Introductory level
0.2 ASHA CEUs

SDSLHA Convention Live Presentation

Date of Course: March 18, 2021

Recorded from the live presentation

Available March 25-May 8

Title:

Home Program Makeover: Evidence + Ideas for Creating Functional Home Programs in Adult Rehab

Course Description: This course looks at applying a person-centered, functional approach to the final part of the clinical process--the home program (or homework!). The importance of using home programs to practice and carry-over skills in real environments will be explained. Several practical ideas and simple tools for personally relevant home programs targeting language and cognition will be shared.

Learner outcomes: The participant will be able to

List 3 key components to include in a personally-relevant home program to ensure the most efficient option for meeting functional goals.

Recognize which home programs fall under a “Medical Model” approach and a “Person-Centered Care” approach.

Describe 3 measurable factors that an SLP can use to track success of home program.

Presenters: Sarah Baar, MA, CCC-SLP

Bio: Sarah is a speech-language pathologist working in Grand Rapids, MI. She’s had the opportunity to work in many settings across the continuum including acute care, acute rehab, home & community, and outpatient therapy, as well as being involved in various leadership projects. In 2016, she started the Honeycomb Speech Therapy website and blog as a way to promote person centered and functional therapy ideas for adult rehab. Those who have attended her speaking events enjoy her practical approach and tips that the everyday SLP can implement for a functional therapy approach.

Disclosures: Sarah Baar reports the following relevant financial disclosures:

Honeycomb Speech Therapy – salary, Intellectual property rights

MedBridge

Ed.affiliate- consulting fee, royalty

Therapy Insights (webinar) - royalty

SDSLHA-Speaking fee

She reports the following relevant non-financial disclosures:

Aphasia Access – member, podcast guest

ASHA SIG 2 - member

Neurogenic Communication Disorders and the Life Participation Approach-Book Chapter author

Time Agenda

<u>Minutes Allocated</u>	<u>Section</u>	<u>Description</u>
0-15	Introduction: Medical Model and Person-Centered Care Model	This chapter identifies the foundational theories in which are treatment selections are built.
15-30	What Do Clients Say They Want?	This chapter reviews research studies that have formally identified what clients want out of therapy, starting the discussion about participation-focused therapy.
30-50	Current Status of Home Programs	This chapter identifies current tools and patient reactions to traditional speech therapy home programs. The discrepancy between this approach and person-centered care will be introduced. We will look at what the evidence says for why we assign home programs and what components those home programs should include.
50-70	Tools to Assist with a Person-Centered Home Program	An SLP may desire to provide more functional, person-centered home programs, yet is unsure about how to begin. Sarah shares simple “tools” that can be used to set up measurable, functional homework.
70-85	Reimagining Home Programs Using the Latest Evidence	How can we use our knowledge about person-centered care to create a more meaningful and effective home program? This chapter includes includes pictures and ideas for functional home programs across the continuum. Examples from acute care, home health, subacute rehab, outpatient therapy, and more are included. These examples will be contrasted with a traditional medical model approach.
85-105	Case Application	This chapter reviews a specific case study to show transparency between goals, therapy activities, and home program assignments.
105-120	Q&A / Review of application activities	