

# Lexical retrieval therapy within the group format

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## PPA Group Intervention



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Group intervention for individuals with primary progressive aphasia and their spouses; Who comes first?



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## Goals

1. Providing education specific to PPA
2. Teaching communication strategies
3. Offering safe forum for:
  - Exchange of ideas
  - Practising strategies
  - Sharing experiences of living with PPA

Goals targeted both clients with PPA and their spouses.

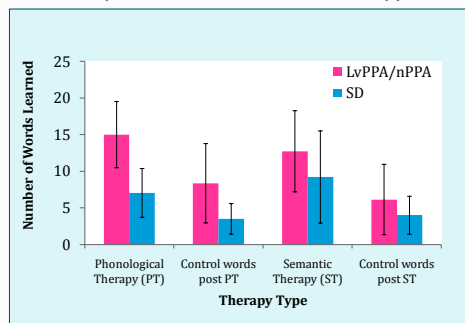
## Program Structure

- 10 weeks
- 2-hour sessions
- 1<sup>st</sup> hour: group members are together working on their language while spouses are networking with each other, meeting with Social Worker and/or Speech-Language Pathologist
- 2<sup>nd</sup> hour: spouses join group members for educational sessions or communication strategy sessions

## Group session themes

- Evidence shows that topics selected by individuals w/ neurocognitive disorders include typical conversational topics, not medical or specific needs (Fried-Oken et al., 2015)
- The group engaged in conversations about current global, local or personal events
- Weekly themes were chosen by group members to be discussed the following week, e.g.,
  - Family
  - Travel
  - Hobbies
  - Sports
  - Food

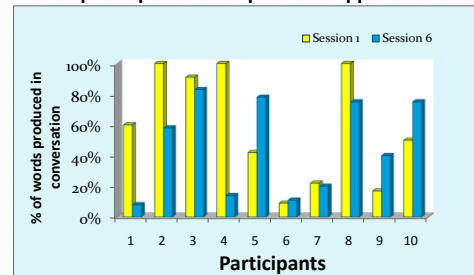
## Acquisition of words in individual therapy



### Impairment-based activities in a conversational group setting

- Fill in the Blanks  
(movie titles, proverbs, semantic associates, etc.)
- Phonemic and semantic fluency  
(different letters of the alphabet, animals, grocery items, etc.)
- Confrontation naming  
(pictures, photos, objects, etc)
- Sentence completion
- Anomia game
- Charades
- Other

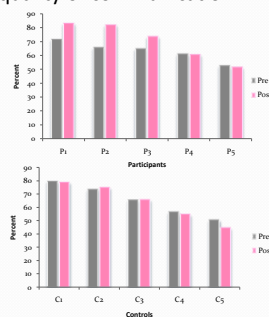
### Use of individually re-learned words for each participant within provided opportunities



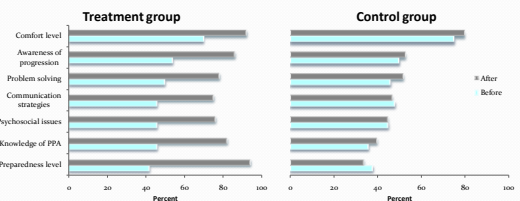
### ASHA QoCLS Changes in quality of communication

Participants with PPA rated  
18 statements, e.g.:

- \*I like to talk with people
- \*It is easy for me to communicate
- \* People include me in conversations



### Spousal questionnaire



### Excerpts from the PPA group cookbook



### Take Home Message

- Group intervention
  - fosters social interactions and participation
  - provides opportunities for peer support
  - builds a network of individuals with PPA
  - reduces behavioural and psychological symptoms that may hinder communication
- Provision of opportunities to use individually learned words in group discussions
- Inclusion of impairment-based activities facilitates immediate transfer of gains to social context
- Expect slowing the progression and/or maintenance of communication abilities vs. lasting improvement