

Functional Speech Therapy Treatment Ideas

(alternatives to paper/pencil tasks):

These ideas should/could be used over multiple sessions – broken up into steps and provide opportunities for memory recall day over day, task completion start to finish, meaningful functional tasks for the patient.

Areas addressed: Sequencing, planning/executive function, attention, memory, language, problem-solving/reasoning, reading, writing, and safety awareness.

Meal/Shopping:

- Plan a meal – search recipes online/use recipe box (*attention, memory, language, executive function*)
 - Patient to consider time of prep, servings, allergies, who will be eating, number of courses, etc.
- Make shopping list-
 - Have patient make list related to layout of grocery store
 - May need to print out/pull up list of grocery store aisle guide
- Use grocery list as items for spaced retrieval/memory strategy training (*memory/attention/categorization*)
- Have patient describe pathway through store
 - Sequence how to minimize back and forth in the store (*path finding, attention, executive function, categorize food items by type/isle*)
- Functional reading and or writing with recipe
 - Note taking on what to complete first, how long each step should take (*sequencing/attention/writing/reading/memory*)
- Describe step by step instructions (*expressive language/sequencing/attention/working memory*)
- Cooking tasks to prepare meal - Individual or Group (*safety/sequencing/problem-solving/reasoning*)

Ordering Take Out:

- Search to go menu's online – or Review paper menu's (*reading/attention/new learning – internet*)internet)
- Functional reading/comprehension tasks
- Recall phone number/dialing - train specific memory strategies (*memory/attention*)
- Patient to consider allergies/textures– facilitate decision making re: choices (*problem-solving/reasoning*)
- Determine timing for ordering/delivery and when food should arrive (*executive function/problem-solving*)
- Determine menu items- (*calculation/executive function/attention/memory*)
 - Figure cost, make change – determine if patient has enough money
 - Discuss tip – calculation skills on how to figure tip and determine tip %
- Ensure patient knows address for delivery and specifies when ordering– (*memory training*)
- Dry run with clinician – calling/ordering/answering questions (*language/organization/attention/memory*)
 - Insert potential issues with the order for patient to problem-solve “on the go”
 - Ask pointed questions that require reasoning skills

Other Ideas: Plan a Birthday Party/day trip, Organize a day of running errands, or Christmas Card project