



AUSTIN SPEECH LABS

stroke recovery one word at a time



2016 Boot Camp Dates

January 19th - March 11th

March 28th - May 20th

June 6th - August 5th

August 29th - October 21st

October 26th - December 16th



A Year In Review

September 2015 marked the seven-year anniversary of Austin Speech Labs. In that time, we have grown and developed in ways we never thought imaginable. This includes outgrowing three substantial office spaces, developing a research program, and establishing a new partnership with UT Austin's National Student Speech Hearing and Language Association (NSSHLA). To support all of this growth, we expanded our staff and student volunteer program. We also want to ensure that we continue to follow our mission to help improve the quality of life for stroke survivors and their families. Currently in development is a caregiver program that will offer extra support to the Austin Speech Labs caregiver family. Additionally, we have recently started a continuing education program for Austin area speech-language pathologists.

We know that these accomplishments are only possible because of our amazing community of support. We thank you all for your dedication and commitment to stroke survivors across central Texas.

We hope you enjoy reading about what a great year 2015 has been and we look forward to what 2016 will bring.

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A Year of Reflection and Growth

The year 2015 was an opportunity to reflect on our current intensive speech therapy program and to conceive new innovative programs to hasten the recovery process for stroke survivors. As a speech therapist and president of the organization, it was important to step back and consider the holistic recovery of a stroke survivor. What other people and what other programs should be included in our approach to improve our stroke survivors' progress in their therapy?

Our first five years of data definitively shows that intensive speech therapy over multiple months and years helps stroke survivors regain their words. We realize recovery is a long journey, however, learning continues to occur long after insurance expires.

This year also reemphasized to us that a caregiver's involvement in the long journey of recovery is a critical element in the success of our clients. Each morning and afternoon, our office is filled with caregivers and clients. Approximately 90% of the caregivers are family members. Our caregivers wear many hats - many drive their loved one to doctors appointments and therapy appointments, manage the household and the finances, and perhaps even hold down a full time job. In the case of young stroke survivors, the caregiver may have total responsibility for caring for the children. In addition to all of this new responsibility, we are aware of the loss that each of our clients and their caregivers endure after a stroke. They are not able to communicate as they did before. One caregiver mentioned, "I miss my conversation partner...now I carry on both sides of the conversation." This statement really hit me. As a speech therapist, I realized that it doesn't matter how much intensive therapy we give, if we do not support these amazing caregivers, we will never see a full recovery in a stroke survivor's communication skills. Austin Speech Labs will continue to grow our caregiver program, and we appreciate the input that these amazing people provide to us.

2015 Austin Speech Labs Highlights:

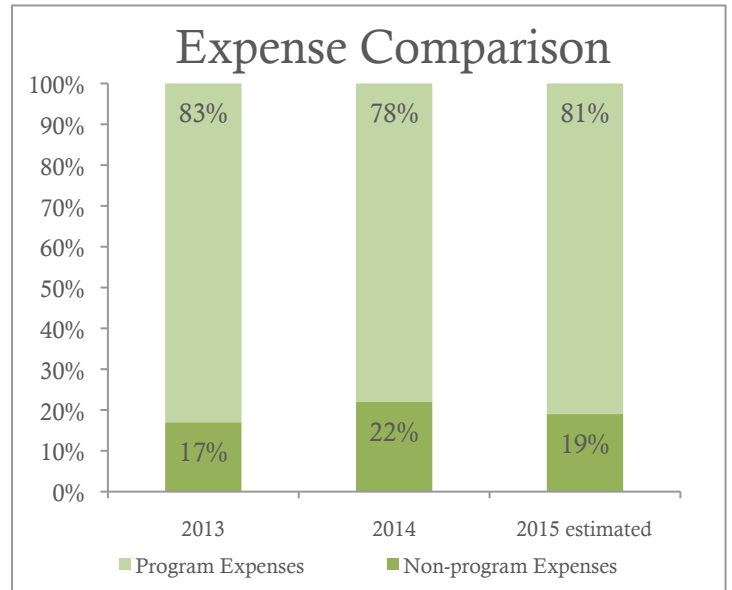
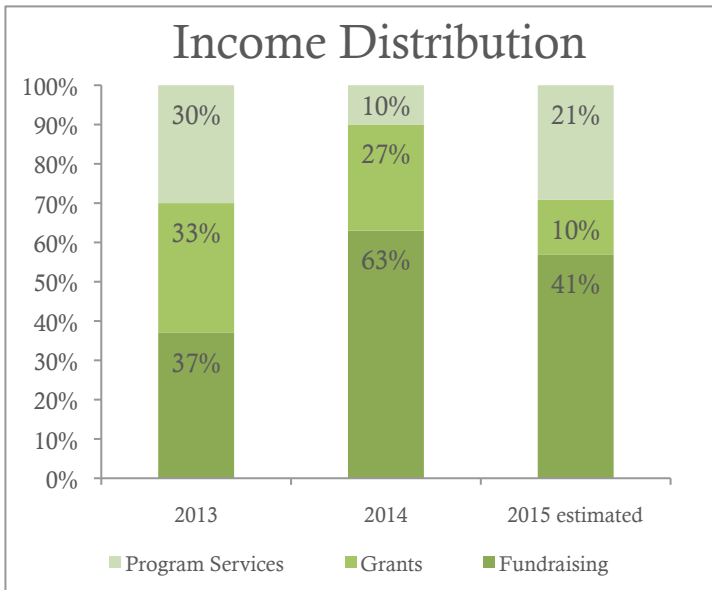
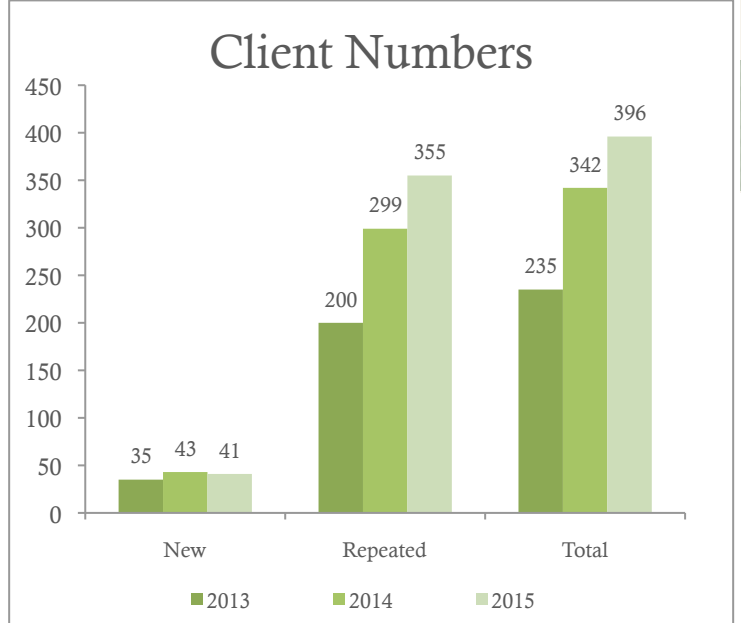
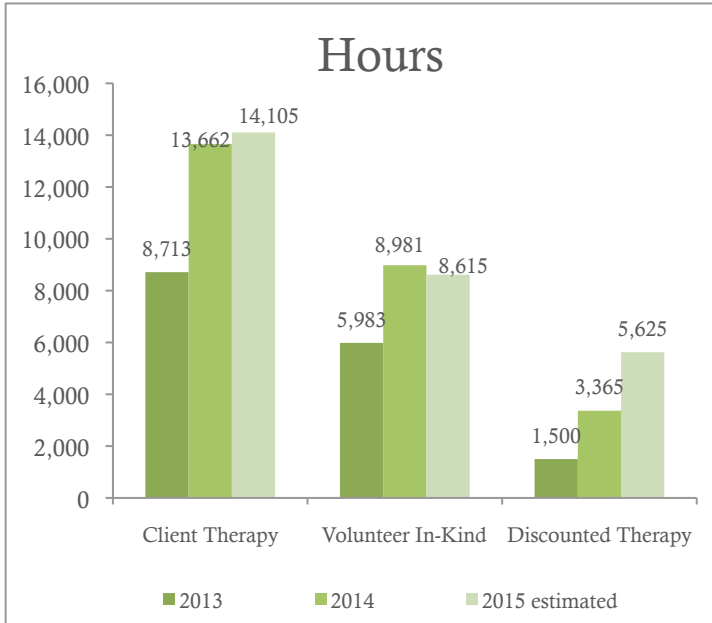
- Presented our newly published therapy data at the International Stroke Conference in Nashville and at the Texas Speech and Hearing Conference in San Antonio.
- Started the Caregiver Program that includes caregiver training, support, and education.
- Started a Music Therapy Program to help initiate speech and improve speech intelligibility for stroke survivors.
- Launched an Intensive Phonology Treatment Research Study to improve naming, reading and writing skills.

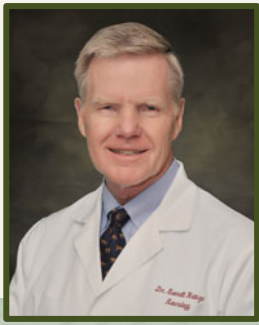
Your generous donations have helped us provide these new programs for our clients and caregivers, but most importantly, your support provided a total of 14,023 hours of therapy. Of these total hours, we provided over 5,000 hours of discounted and free therapy in addition to continuing to offer services at a low cost of \$10 per hour. The Austin Speech Labs team is so thankful for each and every one of you for helping us to serve our mission and help stroke survivors regain their language skills *one word at a time*.

Shilpa Shamapant
Co-founder, President, Speech Therapist

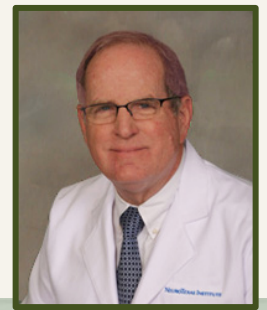
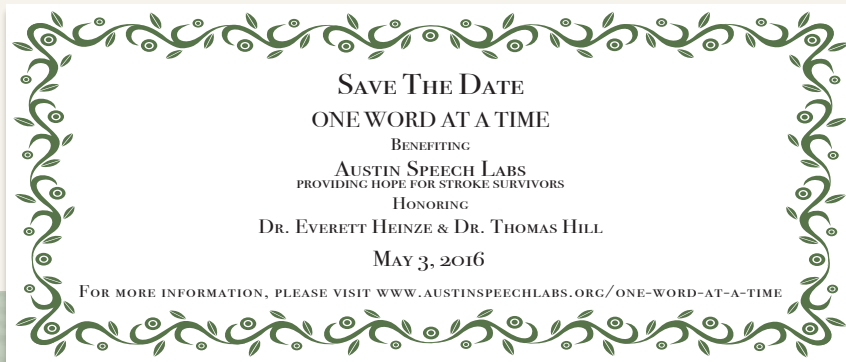


Austin Speech Labs Growth 2013-2015





Dr. Everett Heinze



Dr. Tom Hill

One Word At A Time

Ten dollars doesn't go very far these days, especially in the world of healthcare. However, at Austin Speech Labs, we work hard to maintain a low hourly rate of ten dollars, so our clients can get as much therapy as they need in order to continue their speech recovery. How are we able to maintain that rate? We partner with speech pathology students from the University of Texas at Austin who volunteer their time to help our patients, we participate in the annual city giving campaign, Amplify Austin through I Live Here I Give Here, we write grants, and we host an annual fundraiser, *One Word At A Time*.

This past May, we celebrated our sixth annual *One Word At a Time* event. We were honored to have Dr. Kristina Burns, ER physician, share her experiences as a stroke survivor. Dr. Van Rea, a retired radiologist, relayed his experiences

of being a caregiver, and Dr. Clay Johnston, the Inaugural Dean of the Dell Medical School at the University of Texas at Austin, was our keynote speaker. Dr. Johnston is a noted authority and researcher on strokes and stroke prevention.

We want to express our deepest thanks to all of you who supported Austin Speech Labs with their time, energy, and financial contributions. We could not provide the services we do without you.

Next May, we will be honoring Austin neurologists, Dr. Tom Hill and Dr. Everett Heinze at our event. Dr. Hill and Dr. Heinze have been part of our organization since its inception. They have guided us and supported us over the past eight years. We are thrilled to honor them and recognize their commitment to our clients and our community.

Sherrie Frachtman is returning as the Chair of *One Word At a Time*. Sherrie has served on our Advisory Board for the past six years. She did a phenomenal job chairing the event last year and has graciously returned to lead the charge for 2016. Julie Stansberry will be acting as the Co-Chair. Sherrie and Julie came to Austin Speech Labs from friends in our community. We can't thank them enough for their passion and dedication to making this event spectacular.

We hope you will be able to join us for an evening of learning, fun, celebration, and support.



Sherrie Frachtman and Julie Stansberry

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Caregivers: Jackie Goodfellow and John Mack



Caregivers: Carolyn Blakenburg, Jessie Greenman, Jolene Smith, Ann Busby, Denise Burke, Kandy Spillar

The Untold Story

The alarm is set, but she doesn't really need it. She will instinctively wake up at two a.m. to check on her husband, help him go to the bathroom, give him his meds, and tuck him back into bed. She will get back under the covers and lay thinking about the day ahead. She will wake him up in a few hours, help him dress, feed him breakfast, load everything up in the car and head out for therapy. She never really liked to drive, but it's the only option now. They will sit in the office, sipping coffee, and quietly reading the paper while they wait for therapy to start. They don't like to arrive early, but it's better to beat the traffic. The clock strikes nine.

He will spend the next three hours in therapy while she waits for him. She has a million things to do, but today she is patient and waits for her husband. She is a *Caregiver*.

She is one of 34.2 million adults that provide unpaid care to an adult over the age of fifty in the United States. She has maintained her role as the home manager, taken on her husband's household duties in addition to a myriad of other necessary tasks such as technology support, in-house doctor, pharmacist, and speech, physical and occupational therapist. She manages all of the doctors' appointments and social

engagements. She lost her partner to talk to, to bounce ideas off of, her travel buddy, and her dinner companion.

However, through it all, she has *hope* and her hope is his lifeline. Her dedication is his strength. Her support is his will and together they get out of bed, get dressed, come to therapy and little by little make progress.



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Zink, an Austin boutique, is generously giving 10% of their proceeds from the sale of its Mini Boxcar - Sky Vegan collection bag to Austin Speech Labs.

For every bag sold, an hour of therapy is donated.

Visit: zinkcollection.com



Music Therapy

Last summer, Austin Speech Labs was thrilled to add Brianna Rocha to our team of therapists. Brianna is a music therapist who studied at Berklee School of Music and who comes to us from the Texas Institute of Research and Rehabilitation where she trained with the team that treated, U.S. Congresswomen, Gabby Giffords.

Music therapy is an evidence-based practice where music interventions are clinically used to treat non-music goals. These goals range from cognitive, motor, communication, social, and spiritual domains.

Austin Speech Labs applies neurologic music therapy techniques to specifically address speech needs. This therapeutic approach is unique in its ability to reach clients in ways different than traditional methods. While speech is predominantly held in the left hemisphere of the brain, elements of music are processed in multiple areas of the brain. By having multiple processing points, music can be used to help rebuild language in undesignated areas for

both expressive and receptive speech development. By using music therapy in conjunction with traditional speech therapy, we offer our clients a holistic program for speech rehabilitation after stroke.

For more information about music therapy and neurologic music therapy visit www.musictherapy.org and www.cbrm.colocstate.edu



Teletherapy

Traditional face-to-face therapy is not accessible for many stroke survivors. Some have inhibiting mobility issues, limited transportation, or reside in cities and rural communities where low-cost intensive speech therapy is not available. In order to bridge this gap, Austin Speech Labs offers treatment delivered through online video sessions known as teletherapy. Teletherapy sessions are like traditional therapy sessions in many ways. The therapist and client see and hear each other in real time and work on the same goals addressed in traditional therapy. This interactive individual and group therapy reaches clients in our sister clinic in Laredo and in clients' homes across Texas.

"This is helping us," Joe shared, "I volunteer with the V.A. and I have to talk with veterans... I've been doing a lot to learn to talk again."

Although teletherapy clients participate in a new approach to speech therapy, they possess the timeless wisdom of any survivor. As Joe counsels, "Be patient, work hard, willpower!"



Laredo Client Joe Garza

Year End Celebration

Our 2015 Year End Celebration was another heart-warming event. On November 15th, clients, caregivers, staff, family and friends all gathered to celebrate the hard work of our clients and their dedicated caregivers.

The event is a highlight of the year for us because we are able to gather outside of the therapy walls and spend time with the family and friends of our clients. We heard stories about our clients and enjoyed the company of this large community we've come to know and love.

The most memorable part of the day was watching the clients stand in front of a crowd of 150 people and share their stories. It is humbling, overwhelming, and inspiring to see our clients struggle to get their words out. It is a constant reminder of how hard the road to recovery is, but how great the rewards can be.

A big Thank You to Adrienne Pingel for organizing the event and to the Jewish Community Center for providing the lovely space.



Continuing Education

On November 18th, Austin Speech Labs hosted its first continuing education event. Austin Speech Labs' Bricanna Rocha, certified music therapist, spoke about music therapy techniques used with stroke survivors. Speech-language therapist Pamela Curry from St. David's Outpatient Clinic gave an introduction to the PROMPT (Prompts for Restructuring Oral Muscular Phonetic Targets) method. The program was co-sponsored by Texas Neuro Rehab Center and was well attended by local speech-language therapists. Attendees received a tour of the Austin Speech Labs office. Rehabilitation therapists are continually seeking information about techniques that will help their patients recover their skills. Austin Speech Labs hopes to host additional continuing education opportunities as a service to professionals in our community, and as a way to spread the word about Austin Speech Labs. We would like to thank our two wonderful speakers and Texas Neuro Rehab Center for helping us with this successful event.



Austin area Speech-Language Pathologists

Jane

Life has not been easy for my hero, Jane. She was born without an ankle socket, and spent her early years having to wear a bar with shoes attached when she slept. She was diagnosed with nearsightedness at the age of three, and started going blind in her teens. When her father passed away in 2007, the same year she lost hearing in her left ear.

Then, Jane suffered a stroke on April 13th, 2014, thirteen days after her husband had passed away. Jane could not swallow, sit up, talk, see, had difficulty hearing and her right side was completely paralyzed.

Jane was fortunate to get therapy at St. David's Rehabilitation Hospital until November of 2014, when her insurance ran out and we weren't sure where to turn.

We were blessed to hear about Austin Speech Labs. I called to see if they could help her. I wasn't sure how much they could do for her because of her blindness, but Shilpa and the staff are AMAZING!! Everyone is caring and gentle with her and she is thriving because of their care.

Jane could not say much except "4" and "44" when she came. To get her

to say a word the therapist would have to tap the table to let her know how many syllables the word had. Now Jane is talking in sentences that you can understand, and looks forward to going to "work" as she calls her therapy.

I cannot say enough good things about the Austin Speech Labs staff. The work they do is outstanding. What they have been able to accomplish with Jane is far above what I thought could ever be done. She can now express what she needs in words that I can understand. Each word she can say makes life that much easier for both of us.

Life is hard enough for her, but without Austin Speech Labs she would have been locked within herself, unable to communicate forever.

The city of Austin is blessed to have Austin Speech Labs that has helped, and continues to help so many people get their life back. I will forever be grateful to Shilpa and the amazing staff for all their hard work and dedication to their clients, caregivers, and the city of Austin.

Now, I have my hero, my daughter back!

-Nadine (Jane's Mom)



Jane, shortly after her stroke



Jane after lots of hard work



Jane and her mom, Nadine

Our volunteers make a huge difference.



"The professors were right when they explained that there is no way to simulate or describe real life interaction with clients. This has been one of the most valuable experiences I have had since I began pursuing speech pathology as a profession. I feel blessed to have been able to take advantage of this tremendous opportunity." *Patrick Hayes*
University of Texas Volunteer





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