



University of Michigan  
Aphasia Program

[www.aphasiahelp.com](http://www.aphasiahelp.com)

# UMAP

Mapping New Directions For People With Aphasia

N E W S L E T T E R

WINTER 2010

## Why Intensive Therapy Works

UMAP is one of a small number of clinical service programs around the country that offers language therapy to adults with chronic aphasia on an intensive intervention schedule. Founded over 60 years ago, UMAP specializes in the treatment of adult aphasia—language loss due to brain injury. Emphasis is placed on total communication, with expressive language being one of the integral components. Adults typically enroll for one or more 6-week sessions, receiving individual, small group, and computer-based therapy, 5 days a week for a total of 138 hours per session. The therapy is state-of-the-art, but unlike most high-quality traditional programs, the UMAP service delivery model is intensive in nature.

Research has shown that intensive aphasia therapy, usually involving more than 9 hours of therapy a week, leads to greater improvements in communication than more traditional schedules of 2 or 3 hours per week. It is the intensity of the schedule—the number of hours of therapy per week, that is critical. The same amounts of therapy over longer periods of time are not as effective. The more intense the schedule, the greater the gains. Improvements occur for adults with the full range of types of aphasia, and in all stages of recovery.

The last 10 years has been a time of focused scientific inquiry into the benefits of aphasia therapy provided as an intensive service delivery model. This research has clearly demonstrated that intensive approaches to adult aphasia are superior to non-intensive approaches, with particular promise for adults in the chronic stages of recovery.

To read more on why intensive therapy works visit our website:  
[www.aphasiahelp.com/aphasia/Intensive\\_Therapy\\_Research.html](http://www.aphasiahelp.com/aphasia/Intensive_Therapy_Research.html)

## Testimonial from a UMAP Caregiver

"I can't say enough about the therapists and staff at UMAP. I truly believe because of their expertise, compassion, and perseverance, they have given Jim and other clients as well, the tools to help them with an improved quality of life."

—Deb



Deb and Jim Berridge

## Life at UMAP

Clients begin the session with an orientation to meet UMAP staff, get an overview of the program, and tour the facility. They then head to therapy, which consists of both individual and group sessions led by our professional speech-language pathologists (SLP). In therapy clients work on individualized goals designed by their team of SLPs. Clients also attend computer assistive training sessions, as well as music and art therapy. To reinforce therapy goals, SLPs provide the clients with daily homework.

Special activities designed to be fun and to promote social-interactive contexts for building communication skills (e.g., scavenger hunts, trivia contests, ice cream socials, and dinner outings) are organized by UMAP recreational therapists. These social and recreational events provide an important adjunct to the therapy program, allowing clients and families opportunities to continue working on language use in natural environments similar to those they will experience when they return home.

To learn more about what to expect at UMAP visit our website:  
[www.aphasiahelp.com/howto/what\\_to\\_expect.html](http://www.aphasiahelp.com/howto/what_to_expect.html)

## Just for Caregivers

Caregivers are an important part of the recovery process and are most welcome at UMAP! We have developed a state-of-the-art caregiver curriculum which focuses on educational goals as well as a caregiver support group which addresses psycho/social needs.

### Educational Opportunities

- Participate in seminars and workshops as formal curriculum
- Observe and participate in your loved one's speech-language therapy sessions

### Psycho/Social Opportunities

- Participate in Caring and Coping (UMAP's Caregiver Support Group)
- Take part in leisure activities to resume your own interests and hobbies
- Attend social-recreational activities and help facilitate your loved one's participation



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## University of Michigan Aphasia Program

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**University of Michigan**  
1111 East Catherine Street  
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### **Step 1... See if UMAP is a good fit**

Call Mimi Block, Clinical Services Manager, 734.764.8440.

### **Step 2... Check your 2010 calendar**

**Session A** January 4 – February 11 (Special Seasonal Rates)  
**Session B** February 15 – March 26 (Special Seasonal Rates)  
**Session C** April 5 – May 13  
**Session D** May 17 – June 25  
**Session E** July 6 – August 12  
**Session F** August 16 – September 23  
**Session G** September 27 – November 4  
**Session H** November 8 – December 17

### **Step 3... Go online and apply**

[www.aphasiahelp.com/howto/application\\_process.html](http://www.aphasiahelp.com/howto/application_process.html)

If there are topics or issues you would like to see in future issues of *UMAP-Mapping New Directions For People With Aphasia*, send your suggestions to [ucll@umich.edu](mailto:ucll@umich.edu). We'd love to hear from you!

If you wish to discontinue receiving this publication, please contact the Center at 734.764.8440.

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## Questions?

**Here's how to reach us:**

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