



Therapy Sessions Factsheet

website: speechswallowgroup.com

mob. 0403 726 535

WHATS THE FIRST SESSION LIKE?

We will talk with you about your concerns regarding you or your child's communication and/or swallowing difficulties.

We will take relevant case history information; talk with you about what goals you have; and what you would like to achieve from therapy sessions.

We take the time to find out about your world including who you are, your interests and your values. This way we can tailor therapy to your individual needs.

Most importantly, the first session is an opportunity for you or your child to feel comfortable with the Speech Pathologist before we start therapy.

How Long is a Session?

Typically, a therapy session will be between 30-60 minutes. We will decide with you what length of time is best for you and your needs. This will depend on:

- Motivation levels
- Ability to maintain attention
- Client's age
- The severity level of the impairment
- Your goals
- The type of therapy required.

'Empowering people to Speak & Eat with Confidence'

Guidance

The first session or two will typically be filled with tests to identify the client's current (baseline) skills. If you are a loved one attending the session, it's important that you don't help or speak on behalf of the client. Even if you know it's something they can do or they know the answer.

Don't worry, the client can't 'fail' the assessment, they simply help guide therapy and where to begin.

Source: Speech Pathology Australia

Team work

We strongly value collaborating and working with you and we find it results in the most effective speech therapy. We value your opinions, thoughts and ideas so speak up! Tell us what's working and what we could do better.

Although your Speech Pathologist is highly trained, knowledgeable and an expert in communication and swallowing disorders, you are the expert in you or your loved one.



Typical Therapy Session

- Catch up and discuss home practice, troubleshoot and problem solve any issues that came up during your home practice.
- Most of the therapy session will focus on working on your therapy goals using range of activities (this will vary greatly between clients).
- Provide home practice activities to work on at home.

Recipe for Therapy Success

From our experience and the research there are some key ingredients that will set you up for success.

- Your motivation and engagement in the therapy process.
- Practice, practice, practice: both in the session and at home (your therapist will provide you with the activities to work on at home).
- Frequent therapy sessions (we will set the most appropriate frequency for you, whether it's weekly, bi-weekly or fortnightly).
- Education to the client's loved ones.
- Positive and enjoyable experience.

Thank You.

We look forward to helping you.

Contact Us

Amelia Bayliss

Email: speechswallowgroup@gmail.com

Mobile: 0403 726 535

Website: speechswallowgroup.com