

Options, Communication Therapy Centre.

Web: www.optionsctc.com.au

Director: Jane Remington-Gurney CPSP, MSPA, MA. LCST

Postal Address: P.O. Box 568, Kallangur Q. 4503 Tel/Fax: (07) 3285 5522 Mobile: 0410 448 523 Email: optionsctc@jprimus.com.au



News Sheet.....September, 2007

This Newsheet was due to go out in July – and then August – now, finally September!! The delay is not so much because of lack of time to put pen to paper but because new things keep arising that we need to share with you.

As I have said before, I am always proud and delighted to have worked with some very skilled and experienced therapists. Some of you are fortunate to have Lee-Anne or Keely as your therapists. I say fortunate because both these ladies would be snapped up by other employers at the drop of a hat!! Now the three of us welcome **Dominic Van Brunschot** to our team at Petrie. Dominic joins us with clinical experience in augmentative communication, rehabilitation and early intervention.

We have a busy few months ahead and are already planning for January next year so be sure to read the workshop schedule and contact Jenni if you need to book in for any training courses or send us your expressions of interest for proposed programs. I don't foresee any drastic changes in the hours of business for Options. Mondays and Tuesdays will remain open for outreach and country clients at Petrie; Dominic, Keely and I will work from Petrie on rostered days Wednesday to Saturday and Lee-Anne will continue to work from Eight Mile Plains.

I know that some people find it difficult when there is a disruption to their speech therapy and I am not available for sessions. However, my role has to increasingly become one of training others (parents, therapists etc), so that people without speech have at least the foundation skills for communication. When I returned in August from a month away (one week of which was holiday) I was very moved to receive this message from one of my students...

'i am very very very very very happy to be back here with you in the room I can talk in. have you seen other children.

good jane left me not for long but it was a very long time in my life.

looking for the words in other children is her job.

kind lady that finds the words and makes them come out is wonderful.

I think she must do the word hunting for every child that cannot talk like me.....

'Jacklyn'

When I do go away it is always a dreadful reminder of just how scant therapy services and resources are in rural towns. Several of the people we try to offer a service to are unable to travel outside their home and this of course makes accessing not only therapy but the community a major barrier to rehabilitation. As my own family reaches the stage of independence it is easier for me to make the trips to outreach centres to help families who are not as fortunate as the regular Options clients. So, I thank you for your understanding☺ I also thank you for your participation when we have visitors to the clinics.....July certainly was a busy month for that!!!!

July was an 'L' Month.....In July we had 3 Interns at Options (Lex, Laura and Lauren). Two were Speech Pathologists in private practice and one was a final year student who initiated the placement with us. Laura, from Texas, in particular, wished to extend her thanks to all the clients who she observed and chatted with. "I have no words to describe my gratitude to you and your willingness to open your clinic and your mentoring to me while in Australia..." For those of you who do not know – the majority of the work we do at Options is not covered in undergraduate training. The augmentative training tools and the treatment strategies we use for dyspraxia have to be studied for after we complete our training. In the case of PROMPT, my training to date has cost nearly \$20,000 in training costs and time away from the clinic to train. I will be away again this month for a 3 day refresher the training never stops – **and never should!**

Interesting Fact....Chinese children have to learn 3,000 symbols to function with Chinese literacy. Australian children...be thankful! They also have to go to school for much longer school days ☺

News from Lee-Anne Grosvenor @ Options Multicap Clinic....



The move to Multicap has been overwhelmingly positive for people with easier access and parking. The window makes for great naturalistic conversation where needed! Lee-Anne's big news is, I completed my Facilitated Communication Training, Instructor training last month. Thanks to the clients for sharing the ideas in their minds, allowing me to add to my validation portfolio. A BIG thanks to Chris for teaching me about a Hyperbaric Chamber! Thanks to Amy, an adult living with Asperger's syndrome who will be co-presenting with me in October to Speech Pathology Australia on the topic of speech pathology and adults with Asperger's syndrome. Lots of positive, rational thinking needed by both of us there!

Some reminders: If you have downloaded the free text to speech software from the reader website, you need to open the program, and then type your document, then press control and the F9 key simultaneously to hear the document read aloud by the default voice. You can "purchase" more natural sounding voices off that website also. My favourite word prediction software WordQ is available for a free 30 day trial, from the WordQ website. Also when using Social Stories, please tell me some positive behaviours as well as the problem behaviours so I can write some positive ones! Remember your scrapbooks for the 2D paper versions of theme-based learning. Have a great term and thanks to all of you for your bravery at constantly trying new things.

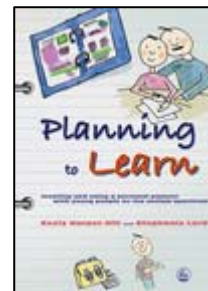
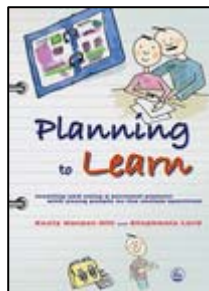
Lee-Anne ☺



Hi, I'm Dominic but usually known as Dom. I graduated from the University of Queensland in 1997. After working for a year with Disability Services Queensland, I moved with my wife to Darwin where I worked for several years in early intervention. While living in Darwin I also worked with students with

Disabilities who attended the Charles Darwin University and spent two years working with people with acquired brain injuries in the Rehabilitation Unit of the Royal Darwin Hospital. After several overseas trips, my wife and I returned to Brisbane in mid 2004. Since that time I've worked in several jobs, including Greenslopes Private Hospital and the Independent Living Centre (now LifeTec) as Speech Pathologist with the Technology Team. My particular interest is in supporting people who communicate using Electronic Speech Generating Devices and their families to help them successfully implement this technology.

Dom ☺



News from Keely Harper-Hill

Have you ever found yourself thinking you might undertake a "small project", only to discover what climbing Everest must feel like? When we came to Australia, at the beginning of 2006, I clearly didn't have enough on – we were only moving our family to Australia! So, along with a colleague and friend from the UK, I merrily started to write a book (let's talk logistics!!?). After an extremely long and tedious 20 months, Jessica Kingsley have published the book this month. It's called '*Planning to Learn: developing and using a personalised planner with young people on the autism spectrum*'. What we wanted to develop was an extremely practical resource for parents and teachers to be able to dip into and use *with* young people. We hope this has been achieved – it is by no means an all-answers book but an effort to share some of our work that we applied to preparing young people for their life ahead.

Keely ☺

In August, a project was completed with Endeavour Foundation thanks to funding, to assist clients and staff improve their signing skills. This project included one on one therapy at the clinic and group sign classes at the workshop. Visual supports were put in place at the workshop to help everyone remember their signs and use them with those who were unable to speak.



Three huge banners depicting forty signs were put in place in the workshop as visual reminders from the sign classes conducted for the people working at the workshop. Not always do adult placements get to hear about what went on when the person was at school. Often times we have to start from scratch or relearn augmentative communication strategies, make displays and develop programs. This is *frustrating for everyone!!!!*

Signing proved to be a great confidence boost to more than the clients at the workshop. There are several clients right now who are finding the Makaton CD Rom \$28.95 a very useful tool in their communication tool box (www.newcastle.edu.au/centre/sed/makaton) If you would like to revise your signs there will be a sign morning on Wednesday 24th October and Wednesday 7th November between 9.30am and 10.30am. Be sure to sign up for the session you would like to attend at Options clinic Petrie. Each class is \$10. Many people think that we need to introduce signing with at least 40 signs so that the child is immersed in a core vocabulary of sign from which to grow language. Language is certainly not based solely on nouns. So don't forget the questions and describing words when developing the vocabulary with the person who will be using signs. Same goes for graphics.

Dyspraxia has been defined as a problem with the co-ordination and sequencing of oral movements. As a disturbance, it may therefore affect the person's ability to eat, drink and speak. There are lots of different treatment methods – thank goodness! I say thank goodness because I am a firm believer in trying to find treatments that suit the individual rather than trying to make one treatment work for each person. Over the years I have seen a lot of treatment strategies for various disorders come and go. This is sad because each one has its good points and sometimes it's the product that requires less in-depth thinking that wins over. Here are some things to think about when working on articulation problems and dyspraxia or dysarthria (slurred speech):

- 1) If you are working on trying to get the person to put their lips together make sure the jaw is up (try it yourself ☺)
- 2) If you are trying to get the person to say f or v does their bottom lip go back or does it go back because the lower jaw goes back (try it for yourself ☺)
- 3) If you are trying to swallow – can you do this with your jaw down or your head tilted backwards?
- 4) If speech is more difficult to understand at the end of the day what does this tell you about the best time for your speech practice or speech therapy appointment.
- 5) We all want to speak clearly but sometimes we have to compromise and say simpler forms of words rather than none at all. For example: hug (squeeze), ta (thank-you), done (finished)

Looking to the Future....

In the last few months we have attended some courses for our professional development in which comments have been made to alert to the future needs of clients. For example, the youngsters of today are very computer literate and able to move through game screens with speed and ease. Remediation language and mobility programs are being designed to replace the conventional worksheet and role play treatments we currently do. At one workshop we saw software programs where the person with disability could practice road safety and shopping skills without leaving the classroom or home, The programs could also be supervised over the internet from a clinic in another city or even in another country – allowing access to specialists without a lot of the travel expense. At another workshop dealing with deaf blindness, concern was expressed regarding the future hearing and sight of babies born to users of recreational drugs such as 'speed' and 'ecstasy'. As Speech Pathologists, keeping on track with current practices is vital but looking to the future is just as important. My son tells me there is a Nintendo Wii on the market now where the user can use gross hand and arm movements for an interactive game. Worthwhile having a look I think as it's something I might be able to manage!

Hearing in My Brain!!...

Some people have relatively normal hearing but are unable to process (interpret, sequence, discriminate) what they hear once the sounds get to the brain. These children often get accused of being inattentive, difficult, obstinate or slow to learn. This year we have been able to let some parents hear what their child is hearing and at the same time hear what their child interprets by using a split headphone system. Whilst this can be heartbreaking it is also enlightening. It shows just how difficult it is for some children in a classroom to follow directions, to understand a story or to do spelling to dictation. Here are some examples of what the children heard and what they said they heard.

Heard...	They said they heard...
pass	has
most	milk
on	own
duck	the

Maths can be a particularly difficult subject to follow in the classroom as the teacher's face continually turns to and from the blackboard in explanations. Classrooms set up with too much separation from the teacher limit the chances for face watching. A classroom where an FM system is available for the child but not fully understood by those who need to use it is unhelpful. If you have a student or child who has a central auditory processing problem and you would like some more information and a chance to see what it's like for some of these kids or see the FastForward remediation program then read on.....

"Learning to Listen Better"
An Information Evening at Options Petrie
Wednesday, November 14th, 2007 5.30pm - 7.30pm
Please phone 3285 5522 to let us know you are coming.

In reality we use more than one communication form. We use sign, speech, writing, pointing etc. It is very worrying when we try to lock-in one communication system with a child who is speech impaired. It's even more worrying when a 'flavour of the month' communication system seems to be used as the blanket system for children without too much thought to their individual needs. People I meet and talk with often talk about how their interactions are 'dumbed-down' by speaking people. I see this when we do workshop training in role plays and designing communication displays. For example, we teach the speech impaired child to request 'I want' but this would **not** be a naturally occurring sentence form for verbal children (can I have?.... give me, _____ please. I'd like _____ .) When asking a question we are often happy if the person points, signs or repeats a key word i.e. 'do you want some more?' instead of answering yes/no. We still have a long way to go in 'normalising' the language we use when we speak and when we design communication displays. We also need to recognise that:

- a) most people will need teaching by people who know a variety of communication systems to a reasonable level
- b) some people with speech impairment will need one on one assistance for communication
- c) communication is the tool that gives a person access to education, society, employment and socialisation.

School Holidays – January 2008...

A number of intensive school holiday programs will be available at Options Petrie clinic for children or adults wishing to intensify their therapy for 2-3 weeks. As places will be limited, we need to have a firm commitment and discussion with parents who want this service. Intensive programs involve daily sessions or several sessions a week for a specific purpose.

Workshop - January 19th 2008.... at Chermiside Library Meeting Rooms – 'Ready to Talk' – Using AAC, Technology and Social Understanding Strategies in the classroom and at home.
Presented by Jane, Lee-Anne, Keely & Dom...

Social Stories - Writing Workshop
Sunday, October 21st

See Flyer attached for more information

Expressions of Interest.....

Lee Anne and Dominic are interested to know whether there is interest in having a two-week intensive in January; two or three half days a week for verbal children with high level ASD or Aspergers for social group activities.

They will need to know by early November so email your expression of interest to Options on optionsctc@iprimus.com.au.
We need to get an appreciation of interest before we can make a proposal and costing.



Jenni is our Administration Officer who handles most of your phone calls, appointment and account enquiries. Jenni is at Options Petrie clinic on Wednesdays, Thursdays and Fridays; and the fortnightly Saturdays that Jane is working there. She doesn't have an office or an area she can retreat to for quiet or focused work, now that we are in the new clinic at Petrie. Most of her work is carried out in the area also used as the waiting area so we especially appreciate her ability to stay cool in a high traffic area where there are potentially lots of distractions. We all appreciate your assistance in making the waiting area a great space for her too.

Workshop Dates, We Are Involved With.....

September 3	Augmentative Communication	Noosa	Jane presenting
September 4	Augmentative Communication	Gympie	Jane Presenting
September 13-16	PROMPT Bridging Course	Gold Coast	Jane attending
September 23-25	FCT Instructors Course	Brisbane	Jane and Lee-Anne
October 6	Gail Gillon - Dyspraxia Phonological Awareness	Brisbane	Jane attending
October 7	FCT Basic Workshop	Pathways – North Lakes	Jane and Kerryn Walpole presenting
October 21	Social Story Workshop	Pathways – North Lakes	Jane/Lee-Anne Presenting
November 3-5	Advanced FCT Workshop	Brisbane	Jane & team
November 14	Central Auditory Processing Disorder	Petrie Clinic	Dominic & Jane
November 19-21	PROMPT Introduction	Gold Coast	Dominic
November 24	Basic FCT	Brisbane	Jane
January 19 th 2008	'Ready to Talk'	Chermside Library Meeting Rooms (2AB)	Jane, Lee-Anne, Keely & Dom

'Special Boy's Business' & 'Special Girl's Business' - Books written for boys and girls with special needs, including, intellectual and physical disability; communication disorders & autism. Information is presented simply, with clear pictures and limited text. 'Special Boys Business' takes boys, parents and carers through the changes experienced at puberty. 'Special Girl's Business' takes a girl and carer step by step through the process of managing periods etc. \$30 & \$4 P&H – Website www.secretgb.com or Tel: (03) 9859 2867

And... this lovely little graphic below comes courtesy of the DSQ Behavioural Support Package. You might like to take the idea and generate your own graphics that appeal to your youngsters who have wandering hands when traveling with you or someone else in the car or taxi ☺☺



Facilitated Communication Training is now being established in Queensland as an Incorporated Group. The Executive Committee comprises, Simon Wright at President, Penny Jacobsen as Vice President and Matthew Wilson as Treasurer.

It's a pleasure to have Options therapy clinics and to work with great staff and families to try to bring better communication skills to you. It never fails to impress me when I look at the distances some of you drive, fly or travel by public transport to reach us. I've been in this business for thirty years now and only had a short change of career when I worked for the British High Commission, stamping visas. I think this career move was justified as I have

a very sensitive stomach when it comes to assisting people with swallowing problems. In 1984 I was doing voluntary work as a speech therapist, within a centre for disabled youngsters in the Pacific Islands. When it came to morning tea the children undid the jam jar they had bought their morning tea in. They let their morning tea run up the ink well channel in the desk before biting its head off and sucking it out. **YUMMY ☺**

