

Session Plans

This section provides session plans for some common issues:

- Swallowing Difficulties
- Aphasia
- Anger/Aggression
- Moving from Place to Place

Each of the session plans is divided into three sections:

- warm-up - an activity designed to energize and focus the group
- content and skill presentation
- practice and evaluation

Each session plan provides a different method of addressing the topic. Each is a template that you'll likely have to adapt to meet the needs of your audience. As well, you may want to combine the approaches in two or more plans.

Before You Begin

In order to prepare a useful training session, it's essential to know your audience. Specifically, you'll need to know your audience's:

- Role—what they need to be able to do, how they'll want to use the information.
- Previous training and/or experience
- Specific issues to be addressed

Sample Session Plans for Addressing Swallowing Difficulties

Sample Plan #1

Warm-up

Ask participants to share their experiences with assisting a survivor who has difficulty swallowing.

Content

- anatomy and physiology of swallowing
- signs of swallowing difficulty
- aids and techniques for preventing choking
- signs of choking
- assisting the person who is choking

Practice & Evaluation

- 2 participants role play incorrect and correct techniques for assisting a person with swallowing difficulties. The remaining participants critique the approaches, identifying appropriate and inappropriate techniques.

Sample Plan #2

Warm Up

- Participants share information on the types of meal assistance they provide

Content

- Use Let's Talk About Stroke, page 17
- Use Tips and Tools Manual -
 - Section 1
 - Section 8 - pg 53 - 58
 - Problems that may be encountered (ask participants for examples) use page 53 to ensure common areas are covered
 - How stroke affects swallowing ability (pg 54)
 - Use page 55, "Common Problems and Approaches with Swallowing" as an overhead
 - Section 9 - address anger, lack of interest and motivation
- Cover emergency protocol for choking
- Demonstrate the do's and don'ts
- Provide common assistive devices for group to try
- Discuss participants' concerns, fears and other reactions to assisting a person with swallowing difficulties.

Practice & Evaluation

- Role playing - participants divide into pairs and take turns assisting each other
- Review how to get help if participants encounter difficulties.