

# U-M Aphasia Program Online: New Virtual Options

*Virtual Intensive, Comprehensive Aphasia Program (ICAP) Available*

## Continuing Progress: New Aphasia Therapy Options

The intensive and individualized aphasia therapy model that established the University of Michigan Aphasia Program as a pioneer in aphasia treatment is now available to clients in Michigan — without leaving home. UMAP is inviting clients to connect and continue the work through a new virtual Intensive, Comprehensive Aphasia Program (ICAP). The program is currently limited to clients in Michigan, with the potential to expand to other states eventually.

## What is included in the Virtual Intensive, Comprehensive Aphasia Program?

The online-optimized U-M Aphasia Program includes:

- Intensive and individualized approach, tailored to the individual.
- An initial assessment.
- Minimum of 15 therapy hours a week, consisting of:
  - 2 hours of group therapy.
  - 13 hours of individual therapy with a senior, licensed Speech Language Pathologist (SLP).
- Additional social interaction with others with aphasia and care partners in a private, online environment.
- A minimum of 2 weeks.
- Costs can vary, depending on number of sessions, but averages to about \$2300 per week for all individual and group therapies. Financial assistance options are available.
- Includes care partner education and access to U-M Aphasia Program resources.

## The Best of Both Worlds: Online Optimized with Intensity at its Core



The program was created to address the increasing need for remote therapy. After perfecting an intensive, individualized approach to aphasia therapy, U-M Aphasia Program clinicians have created a balance between the in-person experience and the virtual. We know that intensity is key, but that online delivery of therapy requires a modified approach. Clinicians work with clients to avoid the fatigue that can come with online treatment and adjust approaches for individuals with different needs.

The online U-M Aphasia Program ICAP is a great way of continuing with aphasia recovery from home. It can also be a supplemental support for clients who may be receiving regular speech therapy from their local SLP or speech center, but who have had to pause during the COVID-19 pandemic.

We also offer individual teletherapy (outside the ICAP) for those who are looking for a less-intensive approach or who reside in different states (outside of Michigan).

## Who can Participate and What is Required?

UMAP clinicians will work with clients to determine if the virtual environment is a good fit before starting the intensive program. A client needs access to an updated computer or tablet with a stable internet connection, a camera, speakers or headphones, and a microphone. A UMAP representative can help you get the appropriate (free) software and show you how to access your online sessions.

## Ready to Get Started?

Call the U-M Aphasia Program at **(734) 764-8440** to find out more about the virtual ICAP.

University of Michigan Aphasia Program

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