

## Support and intervention for couples living with PPA – Spring 2021

Dyscover is a small charity specialising in supporting people with aphasia [www.dyscover.org.uk](http://www.dyscover.org.uk). We have long experience and well - established services for people whose aphasia is caused by stroke. Since 2015 we have developed separate support services for people living with Primary Progressive Aphasia (PPA).

PPA is the term used to describe a group of language-led dementias caused by changes in the frontotemporal areas of the brain. Information about the types of PPA can be found at [www.raredementiasupport.org.uk](http://www.raredementiasupport.org.uk).

At Dyscover we include partners in our support sessions. We draw on the principles of Conversation Partner Training, a practical and functional therapeutic approach widely used in the field of aphasia. The main communication partner (family or friend) is helped to understand and adapt their communication to give the person with PPA the best chance of success and participation in everyday conversation.

### Before Covid- 19, our service for couples living with PPA comprised;

- 1:1 assessment, incorporating advice, information and signposting, and where appropriate, invitation to;
- An introductory workshop – 2 hour group session with up to 6 couples with similar experiences / stage of PPA
  - A 6 session course - 6 x 2 hour sessions spread over 3 months, for up to 6 couples with similar needs.
  - Follow up meetings for participants at 3 and 6 months after completing the course.

### Whilst face to face meetings are restricted due to Covid – 19, we are working over Zoom, offering;

- 1:1 assessment, incorporating advice, information and signposting, and where appropriate, invitation to;
- A 4 session course (over zoom) aimed at improving the success and enjoyment of conversation. Sessions are led by a specialist Speech and Language therapist and are individualised to meet the needs of the participants. Video, practical tasks, and communication by email after sessions help couples understand the communication challenges caused by the PPA and help them learn and use strategies to improve conversation.
  - Sometimes it is possible to convene a small zoom group of people with a similar PPA, providing opportunity for some sharing of experiences and offering peer support.

### Costs

We do not charge for assessments. We ask course participants to make a contribution of £200 per couple for the 4 session 1:1 course over zoom.

As a charity with no statutory income, we depend on grants and donations to subsidise our costs.

### To enquire

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Long-term support and opportunities for people with aphasia



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