

Activities in Estonian Aphasia Association - new challenges 2021

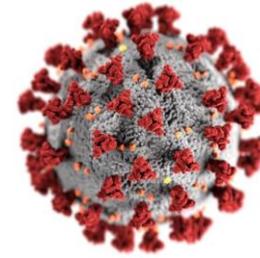
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ALA meeting December, 4 2021

Tallinn



COVID-19 has caused some changes in schedules.



- The project, in which we prepared a rehabilitation program for people with aphasia, prolonged half a year, until June 30, 2021.
 - Fast work with new and already experienced groups
 - Closing ceremony with all participants
- We had to interrupt the training program for speech therapists and other rehabilitation specialists, but instead we prepared a comprehensive written study material. With this material, we can now inform a larger number of specialists about the rehabilitation program.
- COVID-19 let us work up to late autumn. We stopped contact work from November.

New challenges in 2021



- The treatment of acute stroke in Estonia is progressing: treatment is arriving relatively faster, top medicine can save the lives of more and more stroke victims.
- Unfortunately, the further route of treatment is full of ignorance, difficult challenges, great effort for patients and their families.
- The North Estonian Regional Hospital (PERH) is implementing the project “Planning a Treatment Route for a Stroke Patients”, which is funded by the Estonian Health Insurance Fund.
- One of partners of this project is the Estonian Aphasia Association, which represents the target group of patients with post-stroke speech disorders and/or with swallowing disorders.

Tasks of the rehabilitation team of the Estonian Aphasia Association in the project

- For people who had a stroke and received treatment in PERH during June 2020
 - Patient and family counseling,
 - Identifying opportunities and needs and expectations
 - Carrying out a rehabilitation program (2-3 months after a stroke)
 - Family roundtables, self help groups
 - Evaluation of results
- Rehabilitation program
 - multiprofessional team of specialists (3 speech therapists, physiotherapists, occupational therapists, creative specialists)
 - 8 to 10 people with aphasia and their families
 - Length of the program: 2 months
 - Frequency: 1 full day per week
 - Intensive rehabilitation in a day - 6 hours
 - Combined individual and group work
 - An inspiring and home-like environment
 - Ordinary life and creative activities
- Discussion of results and possibilities of further activities, planning.



Purpose....

By proving that this kind of after-stroke activities, including the rehabilitation program is working and that stroke victims with aphasia and their relatives

are better able to cope with the post-stroke situation,

we hope that the Health Insurance Foundation will find it possible to finance such way of treatment

- all over Estonia, not only in Tallinn



One more future hope



- “Invaru”, an helping aids company in Estonia is working together with Tobii Dynavox who is the largest augmentative and alternative communication (AAC) compnay in the World.
- Tobii Dynacox make a lot of effort to develop the best communication tools in the market.
- Most of these kind of tools are for children but just now they are on the way to design a special aid for adults, for **people with aphasia**
- Estonian Aphasia Association is involved in this process.
- Till now we have had a three months experience period to test the program.
- The program is still in the early stages of development, but the idea is worth working on.

Thank you!
Happy Christmastime!

