



SPEECH THERAPY AT JEFFERSON

If you or someone you care about has a speech or language disorder or is recovering from a trauma to the throat, turn to the specialists of Jefferson's Department of Rehabilitation Medicine. Our goal is to evaluate and treat your disease, disorder or injury to improve your speech capabilities as quickly and as safely as possible.

The goal of speech therapy is to help people speak, understand, read, write, and swallow safely. Speech-language pathologists are trained to address various impairments including, but not limited to, neurologic disorders, brain injury, stroke, speech and language disorder, head and neck cancers, voice disorders, dementia, and swallowing problems. Recommendations from speech-language pathologists for swallowing disorders may include specific swallowing treatment, strategies or positioning to swallow effectively, and specific drink and food textures to make swallowing safer. Recommendations for communication disorders include aids to assist with communication, exercises to strengthen mouth and tongue muscles, altering pace of speech, and training caregivers how to communicate.

If you or family members have suffered from an injury that requires rehabilitation on an outpatient basis, Jefferson offers the Jeff FIT Outpatient Rehab. Our Rehabilitation Medicine physicians specialize in therapy services including occupational therapy, physical therapy and speech and language pathology for patients of all ages.

Our rehabilitation therapists practice an interdisciplinary team approach, working with the referring physicians, nurse practitioners and case managers to ensure comprehensive quality services are delivered. Speech and language pathology services include voice and professional voice therapy; head and neck cancer; videofluoroscopic swallow evaluation and dysphagia therapy; and pediatric voice, articulation and language therapy.

If you are recovering from a stroke and require speech therapy, Jefferson's Comprehensive Acute Rehabilitation Unit is nationally accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF) for Comprehensive Integrated Inpatient Rehabilitation and Stroke Specialty Program. The Unit provides you with medical and rehabilitative care, along with emotional, social and psychological support to help you reach optimal independence and return to the community. The results of your evaluation along with input from you and your family are used to determine the appropriate treatment plan and goals for discharge.

Recreational Therapy

Recreation therapists incorporate personal leisure, recreational, and group activities into the rehabilitation and healing process. The goal of recreational therapy is to promote physical and emotional health through continued participation in leisure and recreational activities.

Recreational therapists may utilize group activities to facilitate social interaction and self-expression. Examples of activities used in recreational therapy include sports, cards and games, shopping, cooking, arts and crafts, computer and video games, and reading.

Psychology

In the rehabilitation setting, psychologists help to meet the emotional, behavioral, and psychological needs of individuals and families. You may seek psychological support for a variety of reasons, including stressful life transitions, depression, worry or anxiety, problems with emotional expression, feelings of emptiness, emotions of loss and grief, and overcoming long-standing patterns of conflict with others.

Psychologists can provide counseling and support during times of stress, transition, and loss; helping you and your family identify areas of strength and promote success in the rehabilitation setting; identifying thoughts or feelings that may limit progress in rehabilitation; and encouraging specific techniques for coping.