

Speech Therapy Program for Adults

Client Information

Name:

Date of Birth:

Address:

Phone:

Email:

Emergency Contact:

Session Overview

Session Date:

Therapist:

Goals and Objectives

Long-Term Goals:

1.

2.

3.

4.

Short-Term Objectives (Session-Specific):

1.

2.

3.

4.

Session Outline

1. Warm-up Activities (5 minutes):

- Breathing exercises
- Relaxation techniques
- Vocal warm-ups

2. Targeted Speech Sound Practice (15 minutes):

- Identify target speech sounds
- Articulation exercises
- Practice with word lists and sentences

3. Fluency Techniques (10 minutes):

- Slow rate of speech practice
- Easy onset techniques
- Pausing and phrasing exercises

4. Communication Strategies (15 minutes):

- Real-life scenario role-play
- Effective communication in social settings
- Strategies for workplace communication

5. Vocal Strength and Endurance (10 minutes):

- Vocal exercises
- Pitch and tone modulation
- Resonance exercises

6. Review and Homework Assignment (5 minutes):

Homework Assignment

Progress Tracking

Session Progress (1-5 scale):

Speech clarity:



1.
Poor



2.
Fair



3.
Good



4.
Very Good



5.
Excellent

Articulation:



1.
Poor



2.
Fair



3.
Good



4.
Very Good



5.
Excellent

Fluency:



1.
Poor



2.
Fair



3.
Good



4.
Very Good



5.
Excellent

Communication skills:



1.
Poor



2.
Fair



3.
Good



4.
Very Good



5.
Excellent

Therapist Notes

Next Session Plan