

# 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**