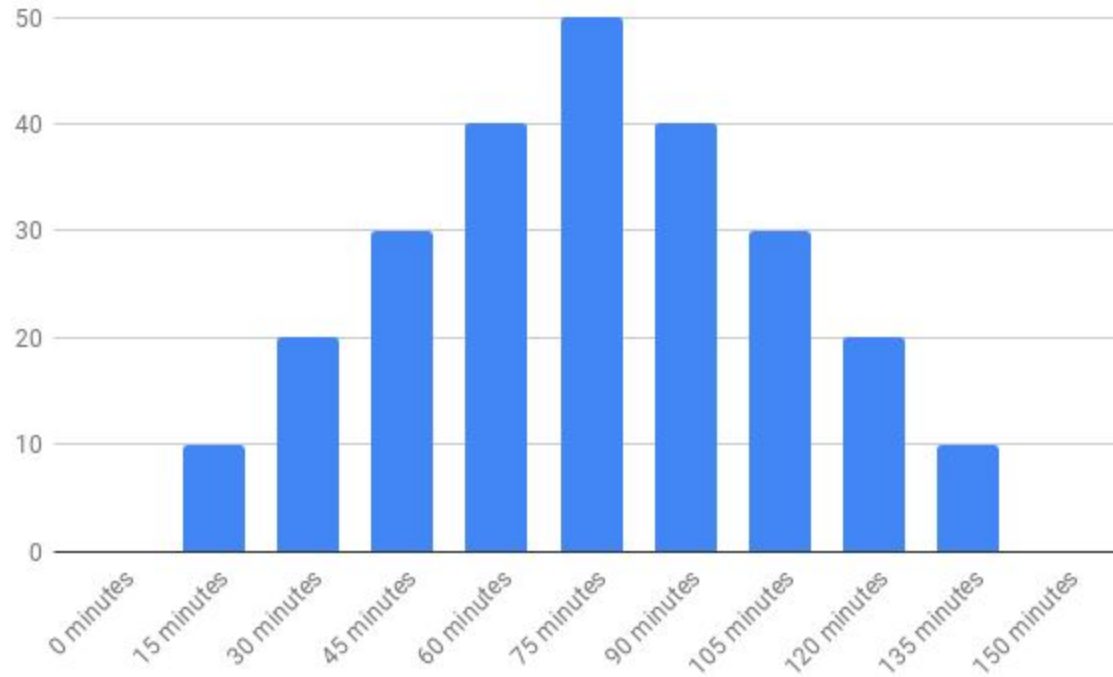


Daily practice improves communication skills



Improve your communication skills by doing challenging exercises daily. Research indicates you should practice for 60 to 90 minutes just about every day.

Break your daily practice time into 20 to 30 minute sessions. Rest at least 10 to 15 minutes in between practice sessions.

Note to clinicians:

The chart is conceptual, the numbers along the left axis don't represent anything. These recommendations are from Amanda Eaton (SLP, PhD) and Carmen Russell (SLP, PhD)'s seminar at the 2018 ASHA Convention, called "Creating Deliberate Independent Practice Programs for PWA: Insights from Intensive Therapies" (session 1084).

A few tips:

- 60-90 minutes of daily practice is a good target.
- Break this down into 20-30 minutes of focused attention and high effort.
- Take a break of at least 10-15 minutes between sessions.
- Complete one to two independent sessions on therapy days.
- Complete two to three independent sessions on all other days.
- Make sure patients understand that it must be effortful but doable. If it's too easy, they won't benefit. If it's too hard, they'll get frustrated.

Read the blog post "[Improve aphasia outcomes by creating intensive home exercise programs](https://bit.ly/2AyKt2y)" for more information and tips. <https://bit.ly/2AyKt2y>