

# Primary Progressive Aphasia

## What is Primary Progressive Aphasia (PPA) ?

Primary Progressive Aphasia (PPA) is a neurological condition in which language capabilities become slowly and progressively impaired. It is caused by degeneration of parts of the brain that are important for language.

Early symptoms of PPA include:



1. Mild language and speech difficulties



2. Occasional difficulty in finding the right word to express themselves



3. Reduced understanding of complex instructions

PPA is progressive and an individual may lose nearly their total ability to speak in the most severe stage. The type or pattern of language problems may differ for each individual. In view of the communication difficulties, individuals with PPA are often referred to a Communication Clinic.



Apart from PPA, other neurodegenerative diseases of the brain such as **Frontotemporal Dementia** or **Alzheimer's Disease** may also cause impairment of language and speech capabilities.

As such, individuals with these conditions may also benefit from the referral to a communication clinic.

## Why You Should Visit the Communication Clinic

The Communication Clinic is run by Speech Therapists. During therapy sessions, the Speech Therapist will help you maintain and maximize your language capabilities to enable you to communicate effectively in your family and friends.

There are two approaches for language therapy:

### 1. Impairment based

Targets specific impairment observed with the aim of maintaining a declining function.

### 2. Activity/Participation base

Does not target a specific impairment but serves to maximise your language ability to communicate in daily setting.

We will also educate your close communication partners so that they will be equipped with the skills to understand and support you during conversation.

## What to Expect in a Communication Clinic Session

Main components of a session include:

- **Assessment** – To determine areas of strength and areas to work on during therapy
- **Individual Therapy Plan** – Discussion of therapy type, duration, frequency and would be discussed with you and your communication partner(s) after the assessment

Therapy will be conducted in a one-to-one setting with you and preferably your close communication partner(s).

Homework might be given after each session for practice and it is important to complete them prior to the next session for better therapy outcome.

## What if I Cannot Come for Frequent Therapy Sessions?

Tele-rehabilitation can be explored with suitable candidates after the first initial face-to-face session. Please let your Speech Therapist know and he/she will discuss further with you.

