



Speech Therapy Discharge Activity

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Speech Therapy Discharge Activity



DISCUSSION:

- How do you think life will be different for you now?
- What limitations will be present that weren't present before?
- What changes will you have to make in your life?
(taking into account any physical or cognitive differences you now have)
- How much more assistance will you need now than before?

THERAPY SKILLS:

Please list 2 skills you learned in your therapies (occupational, speech or physical) and describe how you will have to use them in your home environment

EXAMPLE:

SKILL: Paying more attention to detail

HOW I WILL USE THIS SKILL: After writing a check, I will need to go back and proofread for errors or changes prior to submitting it to the bank

SKILL: _____

HOW I WILL USE THIS SKILL: _____

SKILL: _____

HOW I WILL USE THIS SKILL: _____

PROBLEMS AND SOLUTIONS:

Make a list of 3 problems you may encounter at home based on any new physical or cognitive differences. Now, list at least 1 solution for each potential situation.

EXAMPLE:

PROBLEM: I can no longer walk independently to the mailbox

SOLUTION: I will need to use my walker to ensure that I don't fall when I check my mail. I will ask my grandson to walk with me since I tend to be unsteady on uneven surfaces.

PROBLEM: _____

SOLUTION: _____

PROBLEM: _____

SOLUTION: _____

PROBLEM: _____

SOLUTION: _____

GOAL SETTING ACTIVITY:

Please list 2 goals that you have for yourself. These should be goals that you wish to accomplish within the **next month**. Underneath, please share how you personally will work to achieve these goals.

1) _____

A) _____

2) _____

B) _____

Please list 2 goals that you have for yourself. These should be goals that you wish to accomplish within the next **6 months to 1 year**. Underneath, please share how you personally will work to achieve these goals.

1) _____

A) _____

2) _____

B) _____