



## MAY IS BETTER HEARING & SPEECH MONTH

### Supporting Quality of Life through Patient-Focused Care

**Better Hearing & Speech Month (BHSM)** is observed every May. It provides an opportunity to raise awareness about communication disorders and the role that speech-language professionals and support personnel play in providing life-altering treatment.

Speech-language pathologists (SLPs) work to prevent, assess, diagnose, and treat a variety of communication and swallowing disorders in patients ([Source](#)).

Through a patient-focused care plan, SLPs can support individuals with:

- **Speech** – articulation or phonological disorders such as apraxia of speech or dysarthria.
- **Language & Literacy** – reading comprehension, writing support and aphasia.
- **Social Communication** – understanding pragmatics and rules, like taking turns, talking to different people, or how close to stand to someone when talking.
- **Voice and Fluency** – understanding how voices sound and speech flows, including stuttering.
- **Cognitive-Communication** – memory, attention, problem-solving, organization and other critical thinking skills.
- **Feeding & Swallowing** – understanding and treating dysphagia to prevent further health problems such as poor nutrition and weight loss.

Whether focusing on a congenital disorder or one developed from injury or stroke, SLPs are integral members of a patient's recovery plan of care. They work with patients through targeted therapy to improve communication skills and cognitive development.

**Thank you, ATS SLP professionals, for providing state-of-the-art care to those we serve! [Contact us](#) to discuss how our team can support your patients' recovery.**

### Informative Articles & Resources

[Who Are Speech-Language Pathologists, and What Do They Do? – ASHA](#)

[About Speech-Language Pathology – ASHA](#)

[The Role of Speech-Language Pathologists in Stroke Rehabilitation – RIMJ](#)

[After A Stroke: Speech-Language Pathology \(SLP\) – UM Health](#)

[Better Hearing and Speech Month 2022 – ASHA](#)



## Leadership Recommendations

- The Interdisciplinary Team (IDT) should develop a person-centered approach to each individual's patient assessment and care planning.
- Encourage patients and families to participate in the patient's customized plan of care. Discuss, evaluate, and address negative emotions and thoughts related to communication or feeding and swallowing disorders.
- Provide information to empower the patient and family to make informed decisions related to communication or feeding and swallowing issues.
- Integrate the highest quality available research evidence with SLP expertise and individual preferences and values in establishing treatment goals.

## ATS SERVICES SPOTLIGHT

### Speech-Language Pathology Services

ATS provides Speech-Language Pathology (SLP) services to help our patients address language, cognition and swallowing dysfunction. Our SLP professionals work to improve these functions through our patient-focused approach to allow patients to communicate with family, friends, and caregivers in the best way possible.

Individualized plans of care may include, but are not limited to:

- Training to recover language comprehension and memory skills
- Communication techniques for improved speech and language
- Exercise and facilitation techniques to improve muscle performance for speech and swallowing
- Dietary recommendations

For more information about our services, [contact us](#).



## ATS CLINICAL CORNER

During [National Asthma and Allergy Awareness Month](#), encouraging communities to learn more about this serious lung disease and ways to manage it.

### Did You Know?

Asthma leads to more than 1.6 million emergency department visits and 170,000 hospital stays per year. For many, the change in seasons can increase wheezing, chest tightness, shortness of breath, coughing, or severe asthma attacks ([Source](#)).

- Asthma affects between 4% and 13% of adults in the United States aged 65 years and older.
- Asthma in older adults is more likely to be under-diagnosed and under-treated, bringing a higher risk for mortality.
- Several co-morbidities are associated with asthma in the elderly and are different from those observed in younger patients.
- For adults 65+, asthma is consistently more prevalent in females.
- Elderly asthmatic patients have a higher prevalence, higher rates of bronchial hyper-reactivity, more severe asthma, and a lower prevalence of atopy.



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## Learn More Breathe Better®

Although asthma can't be cured, it can be treated, and understanding symptoms and warning signs is the first step to preventing episodes. Further, individuals should develop a personalized action plan to ensure proper action is taken before or during an asthma attack.

To increase awareness of the prevention, treatment and management of lung and respiratory diseases, including asthma, the National Heart, Lung and Blood Institute developed the Learn More Breathe Better® program. [Access resources here.](#)



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## Informative Articles & Resources

[Asthma Resources for Patients and Caregivers – NIH](#)

[May is National Asthma and Allergy Awareness Month – NIH](#)

[Asthma in Older Adults Is Often Misdiagnosed and Undertreated – Healthline](#)

[Asthma in the Elderly: Important Considerations for Diagnosis and Treatment – Pulmonology Advisor](#)

[Asthma in the Elderly: A Different Disease? – Breathe](#)

[Asthma in the Elderly: Current Understanding and Future Research Needs – The Journal of Allergy and Clinical Immunology](#)

[Asthma Action Plans – CDC](#)

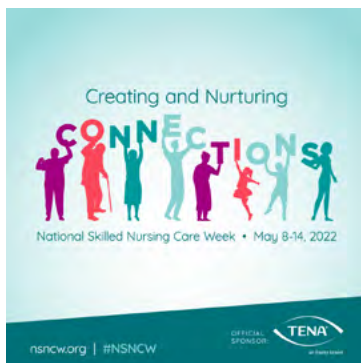
## ATS UPDATES

### Celebrating National Nurses Week!

**National Nurses Week** (May 6-12) honors and celebrates nurses and their vital role in providing quality care.

At ATS, we are grateful for the support that our nurses provide our team and patients every day. Your dedication and passion are exceptional.

**Thank you for all you do!**



### National Skilled Care Nursing Week

**National Skilled Nursing Care Week** is being celebrated May 8-14.

The week's theme, *Creating and Nurturing Connections*, celebrates the essential role that skilled nursing centers and staff play in the quality care of residents and the wonderful connections that are created along the way.

[Learn more about the week here >>](#)

**Our ATS team is proud to support our skilled nursing care partners in providing compassionate care to their residents and creating and nurturing meaningful connections.**

## Honoring Our Heroes on Memorial Day

This Memorial Day, we honor and remember our heroes. We are forever grateful for the courageous sacrifices they made for our country.



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