

Session Plan

SMT:JD Hogue

Session date: 6/9/14

Site:

Session #: 9

Client:

Comprehensive materials list: Guitar, Adaptive Guitar Pick, Rhythm Sticks, Piano

1. Opening Application: JD

Title: Hello Song

Goal: To maintain verbalization

Objective: Client will verbally respond to the SMT when the SMT asks her a question at least 4 out of 5 trials (80%) during the session.

Rationale: Client currently is verbal and is capable of speaking. Maintaining her verbalization rate will allow her communicate for as long as possible what she does and does not want.

Data Collection Method: Frequency; the number of times Client responds to the SMT.

Procedures:

1. The SMT will introduce himself and tell Client the purpose for being in the room
2. The SMT The SMT will play a starting pitch and then sing the song once, while the coSMT accompanies on piano.
3. After singing the portion of the song that is below, the SMT will introduce himself individually to two or three clients and then repeat the song again. During the repeat, SMT will replace "ma baby" with Client's name and will potentially replace "ragtime gal" with either a third client's name or "ragtime pals" depending on the group's size and names of the people in the group.
4. The SMT will repeat this process and will stop when the SMT has introduced himself individually to every client in the group.

Music: Hello Ma Baby by Megan Lynch

C

D

Hello! ma baby [Client's Name], Hello! Ma honey [Client's Name], Hello! ma ragtime gal [Client's Name or ragtime pals].

G7 C B G7

Send me a kiss by wire, baby my heart's on fire!

C A D7

If you refuse me, Honey, you'll lose me, then you'll be left alone;

G G7 C

Oh baby, telephone and tell me I'm your own.

Transition:

- A. If the weather's nice: "The weather's so nice today, it's perfect picnic weather. You sit under a tree with a loved one and some food. I have a song that I think relates. What do you say we sing it?"
- B. If the weather is bad: "The weather isn't very nice today. It's not very good picnic weather. I wish I could sit under a tree with a loved one and some food. I have a song that I think relates. What do you say we sing it?"

2. Application #2: JD

Title: Don't Sit Under the Apple Tree

Goal: To maintain verbalization

Objective: Client will verbally respond to the SMT when the SMT asks her a question at least 4 out of 5 trials (80%) during the session.

Rationale: Client currently is verbal and is capable of speaking. Maintaining her verbalization rate will allow her communicate for as long as possible what she does and does not want.

Data Collection Method: Frequency; the number of times Client responds to the SMT.

Goal: To maintain long-term memory

Objective: Client will tell at least two stories as prompted from her past during the session.

Rationale: Client is currently reminiscing stories from her past. Maintaining this skill will help Client connect with people for as long as possible.

Data Collection Method: Frequency; the number of times client tells a story from her past

Procedure:

1. The SMT will initially play the first verse of the song twice, the "Don't sit under the apple tree" part of the song.
2. The SMT will ask a question to spark a discussion. After some time for the discussion, the SMT will play the song once more and then ask another question for a discussion. The questions are as follows:
 - a. If you could sit under an apple tree with anyone right now, who would it be? What is it about this person that you like?
 - b. Did you ever go on a picnic? What was that like?
 - c. What is your favorite picnic food?
 - d. OR I'm planning a picnic. What food should I take? How do I make that? Is there some food I should definitely not take on a picnic? etc.

Music: Don't Sit Under the Apple Tree by Glen Miller

Transition: The SMT will say something like, "let's get our arms moving this morning!"

3. Application #3: Rozie

Title: If I Had a Hammer—Gross Motor

Goal: To maintain gross motor movement

Objective: Client will complete at least 80% (4 out of 5) of the physical movement trials in every session.

Rationale: Client is currently functioning mostly independently by walking on her own. Maintaining these skills will help ensure that can remain physically active for as long as possible and slow down the rate of degeneration.

Data Collection Method: Frequency; the number of completed trials during a session

Procedures:

1. SMT will start singing *If I Had a Hammer* accompanying herself on guitar.
2. SMT will ask the clients to do the moves she does while still sitting in their chairs.
3. (SMT will have choreographed these moves prior to session)
4. These moves involve:
 - a. Clapping with extended arms, as if mimicking an alligator.
 - b. Pretending to hammer
 - c. Stomping their feet (while still seated in their chairs)
5. SMT and clients will repeat steps 1 and 2 two more times.

Music: *If I Had a Hammer*

Transition: The SMTs will collect the rhythm sticks while singing the song one more time. “We’ve given our fingers a workout, let’s get our whole bodies a chance to wake up!”

4. Application #4: Rozie

Title: Hokey Pokey Chair Dance

Goal: To maintain gross motor movement

Objective: Client will complete at least 80% (4 out of 5) of the physical movement trials in every session.

Rationale: Client is currently functioning mostly independently by walking on her own. Maintaining these skills will help ensure that can remain physically active for as long as possible and slow down the rate of degeneration.

Data Collection Method: Frequency; the number of completed trials during a session

Procedures:

1. SMT will sing and play through the Hokey Pokey on guitar for this application.

2. SMT will ask the clients to dance the Hokey Pokey in their chairs.
3. SMT will have the co-SMT model the Hokey Pokey for the clients while she plays.
4. All of the prompts for movement are embedded in the song lyrics.
5. SMT and clients will repeat steps 1-3 two more times.

Music: *Hokey Pokey*

Transition: The SMT will say something like “We’ve got our bodies moving, let’s move our legs and have a chance to get out of our chairs!”

5. Application #5: JD

Title: When The Saints Go Marching In

Goal: To maintain gross motor movement

Objective: Client will complete at least 80% (4 out of 5) of the physical movement trials in every session.

Rationale: Client is currently functioning mostly independently by walking on her own. Maintaining these skills will help ensure that can remain physically active for as long as possible and slow down the rate of degeneration.

Data Collection Method: Frequency; the number of completed trials during a session

Procedures:

1. The SMT will sing the song *a capella* to orient the clients to the song.
2. The SMT will go to each client individually and ask if they will march with the SMT.
3. If the client agrees, the SMT will hold the client's hands while they march to the song for upwards of one minute or until the client needs to sit, whichever comes first.
4. The SMT will then ask the client to sit down and will repeat the process for each of the rest of the clients.

Music: When the Saints Go Marching In recorded by Louie Armstrong Oh I imagine this is a great recording!

Transition: The SMT will say that he enjoyed marching with each of the clients. He will then say that he thinks it will be fun to move our arms next, because we just moved our feet. He will then start the next application.

6. Application #6: JD

Title: Swing Low

Goal: To maintain gross motor movement

Objective: Client will complete at least 80% (4 out of 5) of the physical movement trials in every session.

Rationale: Client is currently functioning mostly independently by walking on her own. Maintaining these skills will help ensure that can remain physically active for as long as possible and slow down the rate of degeneration.

Data Collection Method: Frequency; the number of completed trials during a session

Procedure:

1. The SMT will sing the song *a capella* to teach the group the movements to the song. The group will remain seated and will perform arm movements during the song.
2. During "swing low," the SMT will connect his fingers forming a loop with his arms and will swing his arm. During "coming forth to carry me home," the SMT will swing his arms as if he is walking. During "I looked over Jordan and what did I see," the SMT will move his hand to his eyes and look around the room. During "Band of angels comin' after me," the SMT will move his arms as if they were wings.
3. The SMT will teach these movements to the group.
4. The SMT will then play the song on the piano while the group does the arm motions.
5. The SMT will play this song 3 times on piano.

Music: Swing Low

Transition: The SMT will say, "to give you all a break, let's sing a song together and share some stories".

7. Application #7: Rozie

Title: Zip A Dee Doo Dah Reminiscence

Goal: To maintain verbalization

Objective: Client will verbally respond to the SMT when the SMT asks her a question at least 4 out of 5 trials (80%) during the session.

Rationale: Client currently is verbal and is capable of speaking. Maintaining her verbalization rate will allow her communicate for as long as possible what she does and does not want.

Data Collection Method: Frequency; the number of times Client responds to the SMT.

Goal: To maintain long-term memory

Objective: Client will tell at least two stories as prompted from her past during the session.

Rationale: Client is currently reminiscing stories from her past. Maintaining this skill will help Client connect with people for as long as possible.

Data Collection Method: Frequency; the number of times client tells a story from her past

Procedures:

1. SMT will begin singing *Zip A Dee Doo Dah* while accompanying herself on piano.
2. SMT will ask the clients to sing along with her.
3. SMT will prompt some discussion after the sing along, asking if this song reminds the clients of anything in particular.
4. After two or three clients have responded, the SMT and clients will sing the song again.
5. SMT and clients will repeat steps 2-4 so that everyone has a chance to respond.
6. List of questions/prompts:
 - a. "This song talks about a great day, and sounds so simple."
 - b. "I wonder if any of you can tell me about a time when it was simple."
 - c. "How much was a candy bar, gas, soda pop, etc. when you were young?"

Music: *You Are My Sunshine* – Traditional Folk Song

Transition: The SMT will say "I enjoyed hearing all of your stories! Feel free to join me in singing this next song!"

7. Application #7: Rozie

Title: She'll Be Coming Around the Mountain Sing Along

Goal: To maintain verbalization

Objective: Client will verbally respond to the SMT when the SMT asks her a question at least 4 out of 5 trials (80%) during the session.

Rationale: Client currently is verbal and is capable of speaking. Maintaining her verbalization rate will allow her communicate for as long as possible what she does and does not want.

Data Collection Method: Frequency; the number of times Client responds to the SMT.

Procedures:

1. SMT will begin singing *She'll Be Coming Around the Mountain* while accompanying herself on guitar.
2. SMT will ask clients to sing along with her.
3. SMT and clients will sing the remainder of the song together.
4. SMT and clients will repeat steps 2 and 3 at least 1 more time, if not 2 more times.

Music: *She'll Be Coming Around the Mountain*– Traditional Folk Song

Transition: SMT will hand rhythm sticks to the other SMT to help distribute them to the clients. He will hand two rhythm sticks to everyone in the group while singing the song again.

8. Application #8: JD

Title: Memory Sticking

Goal: To maintain short-term memory

Objective: Client will correctly an SMT movement by herself after the SMT showed it to her at least 4 out of 5 trials during a session.

Rationale: Client is showing signs of memory decline. By repeating a phrase by herself, she will show that she can continue using her short-term memory to complete tasks.

Data Collection Method: Frequency; the number of correctly movements performed when the SMT is not performing the movement

Procedure:

1. After giving the rhythm sticks to the clients, the SMT will then play quarter note downbeats and ask the clients to play along.
2. The SMT will then start singing This Little Light of Mine while playing the downbeats.
3. After singing the song, the SMT will tell the clients that he and the group will take turns playing. He will then stop playing the rhythm sticks and start clapping.
4. While clapping, he will state that it is his turn to play. He will then play a three quarter note and two eighth note pattern on the rhythm sticks. After playing this patter, he will start clapping again and ask the clients to repeat.
5. The SMT will repeat this pattern but will play one of the following patterns in each iteration:
 - a. The SMT will then play a two quarter note, two eighth note, and one quarter note pattern and asked the client to repeat. The SMT will repeat this step.
 - b. The SMT will then play a two eighth note, three quarter note pattern and ask the clients to repeat. He will repeat this step.
 - c. The SMT will then play a quarter note, two eighth note, two quarter note pattern and ask the clients to repeat. The SMT will repeat this step.
 - d. The SMT will repeat this step the SMT will shake a four quarter note pattern and ask the clients to repeat the pattern. He will then repeat this step.
6. The SMT will then play downbeat quarter notes and will ask the clients to play their rhythm sticks as well. The SMT will then end the intervention by singing This Little Light of Mine while playing the rhythm sticks.

Music: This Little Light of Mine.

Transition: The SMT will collect the rhythm sticks while singing the song again. While collecting the sticks, the coSMT will cue the song on the computer for the next application. Once the sticks are collected and the song is ready, the SMT will tell the clients that we are going to square dance and will ask target client to be first.

9. Application #9- JD

Title: Square Dancing

Goal: To maintain gross motor movement

Objective: Client will complete at least 80% (4 out of 5) of the physical movement trials in every session.

Rationale: Client is currently functioning mostly independently by walking on her own. Maintaining these skills will help ensure that can remain physically active for as long as possible and slow down the rate of degeneration.

Data Collection Method: Frequency; the number of completed trials during a session

Procedures:

1. The SMT will play the song on a laptop using external speakers.
2. The SMT will approach each client individually and ask him or her to square dance.
3. The SMT and the client will do simple square dancing moves to the song while SMT maintains contact with Client.
4. The client will sit down, and the SMT will move to the next client.
5. SMT will repeat until all clients have at least been offered the chance to square dance.

Music: Alabama Waltz by Bill Monrow

Transition: The SMT will now state that it is time to say goodbye and will start singing the next song.

10. Closing Application: Rozie

Title: Goodbye Song

Goal: To maintain verbalization

Objective: Client will verbally respond to the SMT when the SMT asks her a question at least 4 out of 5 trials (80%) during the session.

Rationale: Client currently is verbal and is capable of speaking. Maintaining her verbalization rate will allow her communicate for as long as possible what she does and does not want.

Data Collection Method: Frequency; the number of times Client responds to the SMT.

Procedures:

1. The SMT will tell her clients that it's time for music to end and ask them to sing the last song with her.
2. The SMT will sing *Goodnight Sweetheart*.

Music: *Goodnight Sweetheart* by Noble, Campbell, and Connelly

Transition: The SMTs will say goodbye to the clients and remind them that it is time for a snack.