

Professor with Primary Progressive Aphasia (PPA)

Robert began noticing difficulties in word finding, reading, and writing around 3 years ago. He recently had to retire from his lifelong career as a college professor, specializing in film history. After several years of seeking an accurate diagnosis, he has recently been diagnosed with Primary Progressive Aphasia (PPA). After failing to find local resources for this rare condition, Robert and his wife Sue connect with their cognitive Consultant, who specializes in developing holistic interventions for people living with PPA.

Robert's Cognitive Consultant educates he and his wife on the science of PPA, while connecting them with a specialty center that offers research opportunities for his condition. Knowing that establishing a quality care team is essential, their Cognitive Consultant researches and recommends an experienced team, comprised of a social worker, who provides resources and counseling, an elder law attorney, and a financial advisor.

Robert tried working with a local speech-language pathologist (SLP) last year, but the treatment focused upon generic language exercises and worksheets that had little impact on his communication skills. Robert's Cognitive Consultant helps him find a local SLP who has experience in PPA, and then provides the SLP with additional training on PPA interventions. Working as a team, they develop a treatment program that address Robert's personal communication goals for speaking, reading and writing. They develop language exercises that target words Robert uses for daily conversations, while also developing visual communication supports on his smartphone and tablet. Sue learns the best strategies for supporting Robert during

conversation, and they work to train family members and friends as well. Robert is trained to use technology to support reading and writing skills. Robert and Sue's Cognitive Consultant ensures that they have a strategy roadmap that addresses his current needs, but also proactively targets future needs that may arise. They frequently refer to Robert's Personalized Resource Page, which provides a comprehensive list of recommended communication strategies and resources, along with videos that reinforce content discussed during meetings with his Cognitive Consultant.

Most importantly, their Cognitive Consultant develops a plan that allows Robert to continue in his life role as a film critic and educator. Robert is passionate about being an advocate for people living with PPA. His Cognitive Consultant connects him with speech-language pathology programs, where he uses a script to virtually tell students about his personal experience of living with PPA. He also works with Sue and his Cognitive Consultant to develop a local film program for assisted living communities. He provides movie showings each week, and then leads a discussion with residents about each movie, using a rehearsed script and visual communication aids.

Robert and Sue also enjoy participating in Cognitive Concierge's virtual retreats each month, where they begin to establish relationships with other families who are living with PPA. They enjoy traveling virtually to different cities together, while learning helpful communication strategies. They continue to meet with their Cognitive Consultant several times a month on a long-term basis, to modify resources and communication strategies as Robert's needs change. Robert and Sue feel secure in knowing that they have a consistent partner who will journey with them as they navigate living with PPA.