



## APHASIA & THE WHO MODEL

by Megan Black & Catherine Off

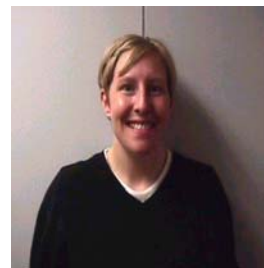
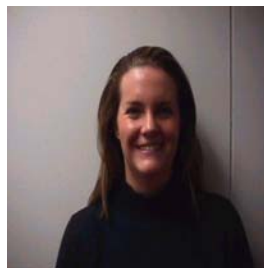
As a result of dedicated research professionals and clinicians, the UW Speech & Hearing Clinic is able to provide innovative and successful aphasia management for both the client and the client's family/caregiver.

In November 1999, Dr. Margaret Rogers, Nancy Alarcon, CCC-SLP and Dr. Lesley Olswang published a paper titled *Aphasia Management Considered in the Context of the World Health Organization (WHO) Model of Disabilities*. This article helps us as clinicians to apply the WHO model to the treatment of aphasia in our clinic.

The WHO model classifies health conditions, including aphasia, into the following categories: impairments, activity limitations, and participation restrictions. The impairment level discusses the loss or abnormality of cognitive, emotional, physiologic, or anatomic structure or function. Treatment at this level can be restorative or facilitative.

These strategies typically help a person with aphasia learn to "talk better" and are usually used at the initial stages of recovery.

When treating chronic, long-term aphasia, the WHO model directs us towards lessening the individual's activity limitations and participation restrictions. The focus of treatment involves improving the individual's functional communication. Compensatory strategies are often used, such as writing, drawing, and gesturing as well as the use of communication notebooks, complete with pictures tailored to the individual's needs. Family intervention and aphasia groups are also used when activity limitations and participation restrictions are the focus of treatment. As clinicians, we aim to improve the quality of life and to support the communicative needs of both the individual with aphasia and their communication partners.



**Megan Black**, Graduate Student Clinician  
**Catherine Off**, Doctoral Student/Clinical Supervisor

### INSIDE THIS ISSUE:

|  |   |
|--|---|
| Aphasia and the WHO Model                    | 1 |
| Miscellaneous Facts                          | 1 |
| Interview: Nancy Alarcon                     | 2 |
| Events & Announcements                       | 3 |
| Tributes to Travel: Antarctica and Argentina | 3 |
| Restaurant Review: Kingfish Cafe             | 4 |

### DID YOU KNOW?

Countries around the world have aphasia associations?

- National Aphasia Association (USA)
- Action for Dysphasic Adults (UK)
- International Aphasia Association (European countries)
- Association quebecoise pour les personnes aphasiques (Canada)



## WHO IS NANCY ALARCON?

An Interview  
by Doug Graham

Nancy Alarcon was born in Somer, Connecticut, a town that has about 6000 people. Somer is about 2 1/2 hours from New York city. Nancy got her B.S. from Perdue and her Master's from the University of Wisconsin. She moved to Georgia for two years and then lived in Massachusetts for four years. She then moved to San Diego for three years and moved once again to Seattle in 1988.

Nancy's parents moved from Somer and retired at San Diego in 1988. Nancy lives in Redmond and she is Director of the University of Washington Speech and Hearing Clinic. She has the job of overseeing the clinic and teaching students as well. If that isn't enough, she also has to find students internship placements, too.

Nancy's husband is Steve, who has a job in the telecom wireless mobile industry. Nancy and Steve have a 1998 Miata which is very fun, but Steve would like to have a Porsche in the future. Their real fun toy is their Cape Dory sailboat that is 36 feet

long! They keep their boat at Elliott Bay Marina, which is very close. Nancy learned to sail as a child and always loved it.

When she has a enough time to watch TV, Nancy likes the "Iron Chef" program. There are also programs that she likes to watch on the food channel. Recently, she saw a show about cooking eel, but I don't think that she will try this recipe anytime soon. She does like crab, or veal when she has it, but doesn't like liver at all. When they go out for dinner, they like their favorite restaurant called Tosoni's Café. They like to cook at home and make BBQ, teriyaki kababs, and also crab cakes.

***In Search Of...* would like to thank Nancy for all of the time and energy she dedicates to the Aphasia Language Group!**



**Nancy Alarcon, M.S., CCC-SLP**  
**Director of**  
**UW Speech & Hearing Clinic**

### **NATIONAL APHASIA ASSOCIATION NEWS**

**The National Aphasia Association (NAA)** has a new brochure for facts about aphasia! You can find this brochure in the UW Speech and Hearing Clinic waiting room - or contact NAA at [www.aphasia.org](http://www.aphasia.org)

## UPCOMING EVENTS

### **SPEAKING OUT! 2002** **CONVENTION**

**WHEN:** JUNE 6-8, 2002

**WHERE:** GALAUDETT UNIVERSITY CONFERENCE CENTER, WASHINGTON DC

**WHO'S INVITED:**

- People recovering from aphasia
- Family/caregivers
- Aphasia/stroke support group members
- Rehabilitation professionals

**CHECK IT OUT ONLINE:**

[www.aphasia.org](http://www.aphasia.org)

### **CLINICAL APHASIOLOGY** **CONFERENCE, 2002**

**WHERE:** Ridgedale, MO

**WHEN:** May 31-June 4, 2002

**WHAT:** An annual forum for clinicians and researchers who study and clinically manage individuals with acquired neurologic language disorders.

We would like to thank  
*AVE COPY* for all of their  
help and copy services.

## ANTARCTICA

by Bob Anderson

I had been interested in Antarctica for a long time. My wife, Rosemarie, and I took a cruise there in January, this year. We both thought about how difficult a trip like that could be with my stroke. It turned out to be no problem. There were people on the cruise ship, Marco Polo, that had been physically impaired, hard of hearing, or somewhat difficult of speech, who found it satisfying. To me, it was a delight and rewarding.

People think of Antarctica as cold, with ice and penguins. There is that, but much more!

The cruise took eight days, covering 1700 nautical miles. Going from the tip of South America (Cape Horn) to the Antarctica Peninsula crossing the Drake Passage—an area of the seas, often stormy. Some of the passengers got seasick but the passage was very dramatic.

Closer to land, the seas were calm and the weather was quite good. Light snow and rain got mixed with clear and sunny times, much like Seattle, but colder.

There were stupendous views of icebergs and gla-

ciers, rocky beaches and mountains, seabirds, seals, and whales. Seals swimming near the ship, on rocks and beaches and relaxing on ice floes. There were Crabeaters, Fur seals, Weddell seals and Elephant seals, one at a time or in bunches. Exciting to see, sometimes enough to forget to take pictures.

Perhaps most expected were the penguins. There are actually many different kinds. Two types were seen—Gentoo and Chinstrap.

We were very comfortable, thanks to the thoughtful staff. When we wanted to be educated the scientists on the staff lectured and pointed out the bird, animal, naturalist, geologic, and historic points of interest. When we wanted to relax, there were singers, dancers and performers to entertain. When we were hungry, we had delicious food, excellently served. Many of the passengers, I discovered, were repeaters, and several in the 70's and 80's totally enjoyed the trip.

My trip was memorable—and enticing—I want to go back! Don't you?

**A UW Speech & Hearing  
Clinic Aphasia Group  
Publication**

University of Washington  
Speech and Hearing Clinic  
4131 15th Ave, NE  
Seattle, WA 98105-6299

Phone: (206) 543.5440  
Fax: (216) 616.1185

[Http://depts.washington.edu/  
sphsc/clinic.htm](http://depts.washington.edu/sphsc/clinic.htm)

**IN SEARCH OF...**

**GOOD FOOD!!**

**KINGFISH CAFÉ**

A Restaurant Review

by Doug Graham

Kingfish Café is a wonderful place that has upscale soul food that's well worth the wait. The restaurant was started by a trio of Seattle sisters, twins Laurie and Leslie Coaston and big sister Natalie Walker, with Gary Payton as an investor. The eatery opened two years ago in a Central District brownstone. Diners have been know to line up outside in the rain until the door opens.

The restaurant serves buttermilk-fried chicken which is served with buttery mashed potatoes

filled with gravy. Grits and succotash, catfish, and red bean and rice...mmmm. Macaroni and cheese in the form of a giant loaf is filled with onions and mushrooms and loaded with pepper-jack cheese. And then there are the collard greens, both sweet and bitter at the same time, made with apple-cider vinegar. Their sweet potato pecan pie is the best! Service can be a bit slow, and the wait staff rarely has time to chat. Although the Kingfish Café is very busy, the serving staff does an amazing job of keeping up!

*You, too, can go to **KINGFISH CAFÉ!***

*602 19th Ave.*

*Seattle, WA 98112-4009*

*(206) 320-8757*