For more information about stuttering, stuttering treatment and ISTAR, visit istar.ualberta.ca.

Institute for Stuttering Treatment and Research (ISTAR) Faculty of Rehabilitation Medicine, U of A



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Communication Improvement Program (CIP)

Helping children and adults achieve successful communication





istar.ualberta.ca



The Communication Improvement Program (CIP) offers a

treatment option for people wanting to improve their communication abilities.

This program will benefit:

- preschool children struggling to be understood when speaking and struggling to understand when being spoken to
- school-aged children having difficulties expressing thoughts, following or understanding directions, using a clear speaking voice, and pronouncing sounds
- teenagers and adults who have difficulty expressing thoughts or speaking slowly/clearly
- stroke survivors who are unable to talk, have slurred or unclear speech, and cannot understand others
- anyone who wants to improve their conversational or public speaking skills, improve their vocal quality or modify an accent

What happens when a person has communication difficulties?

When a person is experiencing issues when trying to communicate, many different aspects of their life can be affected. Some of these aspects include:

- School performance
- Self-esteem
- Career choices
- Quality of life

- Social development
- Emotional health
- Job performance

How can ISTAR help?

ISTAR's Communication Improvement Program (CIP) can help people struggling with their speech become confident communicators by:

- assessing and treating difficulties in speech, language and voice;
- providing consultation and programming for people wanting to enhance their communication skills;
- enhancing a client's overall speaking effectiveness;
- working with clients and families for optimal success; and
- providing cost-effective therapy of the highest quality

What services are offered in the program?

Screening

• Group- or individual-based testing to identify possible problems

Assessment

- Evaluating communication skills
- Identifying strengths and needs

Direct treatment

- Individual programs
- Small group treatment
- Guided home practice
- Special programs

Consultations

Recommendations to clients, family members and teachers

Effective communication training and education

- Experiential workshops and individual coaching
- Customized in-services