

## Enhancing Geriatric Care through Speech-Language Therapy - Practical Tools for Cognitive - Communication Disorders

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This study aims to present the significance of cognitive-communication disorders (CCD) in geriatric care and to highlight the role of speech therapy along with the latest research directions in diagnostics and therapeutic interventions.

The study places particular emphasis on tools and methods applicable in everyday practice that enhance therapeutic adherence and improve quality of life among elderly patients with stroke, acquired brain injury, or neurodegenerative diseases.

CCD encompass linguistic, cognitive, and pragmatic difficulties, directly affecting functional communication, independence, and social participation. These challenges reduce therapy success, increase caregiver burden, and contribute to isolation.

The study is based on a literature review, personal clinical case experiences, and previous presentations. Therapeutic tools include both classical and alternative options, such as visual aids, external memory supports (calendars, pill organizers, communication boards), and digital cognitive training applications. In group therapy sessions, creative and interactive tools — such as Dixit or MoodCards — may be used to develop social skills and reduce isolation. Patient and healthcare staff education, along with interdisciplinary collaboration, are also essential elements of practice.

Research findings show that speech therapy interventions in geriatrics can significantly improve therapeutic cooperation and participation in everyday communication situations. Therapy supported by tools and methods can foster patient independence, reduce hospital readmissions, and strengthen the maintenance of social relationships. Additionally, incorporating group and home-based practice increases motivation.

Recognition and treatment of cognitive-communication disorders are essential in high-quality geriatric care. From a theoretical perspective, speech therapy is an interdisciplinary field that

integrates linguistic, cognitive, and social functions. The therapeutic approach increasingly focuses on functionality and supporting success in daily life, since the goal is not merely the development of communication skills, but their practical applicability. The methods presented offer easily adaptable, patient-centered solutions that strengthen therapeutic cooperation, ensure safe care, and sustainably improve quality of life. Future geriatric care models should reinforce the interdisciplinary role of speech-language pathologists, as their contribution is crucial for effectively addressing the everyday needs of an aging society.

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