



**TAMARA BACKER**

The Camarillo Parkinson's Support Group has invited Ms. Tamara Backer, Speech and Language therapist to speak at their support group meeting on Tuesday, October 18, 2016.

### **MEET TAMARA BACKER, MS CCC-SLP**

Ms. Backer graduated from California State University, Northridge (CSUN) with a Masters of Science (MS) in Communication Disorders, with an emphasis in Speech-Language Pathology, in 2000. Prior to pursuing her MS degree, Tamara received her Bachelors of Science (BS) in Health Science with an emphasis in Health Education from CSUN.

Ms. Backer earned her Certificate of Clinical Competence with the American Speech-Language-Hearing Association (ASHA) in 2001.

Following completion of graduate school, she helped develop and lead the Speech Pathology department at the Centre for Neuro Skills-Los Angeles, located in Encino, California. It was there that she gained her expertise in cognitive rehabilitation following Traumatic Brain Injury.

Since that time, she was employed concurrently as a Speech-Language Pathologist with the Ventura Unified School District and other rehabilitative practices throughout Ventura County. In 2011, Tamara was certified in LSVT LOUD, the first speech treatment with level 1 evidence and established efficacy for treating voice and speech disorders in individuals with Parkinson's Disease and other neurological disorders.

As a member of The Corporate Speech Pathology Network and her extensive experience, Ms. Backer's unique and varied perspective enables her to work with each individual, according to their needs and concerns.

### **Camarillo Parkinson's Support Group**

**When: Meeting- Tuesday, October 18, 2016**

**Time: 2:00 pm to 4:00 pm**

**Where: Camarillo Health Care District Facility, 3639 Las Posas Road, Camarillo CA 93010**

**Speaker: Ms. Tamara Backer, Speech and Language Pathologist**

Please [RSVP](#) here by clicking on the colored link

The Camarillo Parkinson's Support Group meets monthly on the 3rd Tuesday from 2:00 pm to 4:00 pm and welcomes people with PD, their family members, and caregivers. The meetings include educational presentations with a great balance of social interaction and time for questions with the speaker.

**The NeuroCommunity Foundation is here for you:**

As a non-profit foundation, we provide support groups, educational conferences, resources, research updates/ clinical trials information and PD events in the SFV/Ventura/Central Coast/ Inland Empire.

As we rely on donations to continue providing these services at no charge, if you would like to support our efforts, you can donate with ease and security at our website or mail us your gift. Our website is: [www.neurocommunity.org](http://www.neurocommunity.org)

The NeuroCommunity Foundation is exempt from Federal income tax under section 501(c)(3) of the Internal Revenue Code. Donors may deduct contributions to the foundation as provided in section 170 of the Internal Revenue Code.

For information about Parkinson's disease and other movement disorders, support groups, wellness programs, education events, and local resources in northern Los Angeles county, Ventura county, Central Coast & Central Valley, [contact us here](#) or call 818-885-8623 to speak with Jan D. Somers, Education Director, Parkinson & Movement Disorder Information Center, The NeuroCommunity Foundation.

## **Speech Therapy**

Speech is a form of communication that requires control of your vocal cords, breathing and muscles of the mouth to form words and sentences in a fluent and comprehensible manner. Language is the ability to express yourself verbally and understand others. Speech and language disability may occur due to developmental delays, hearing loss, autism (neurodevelopmental

disorder), aphasia (brain damage leading to language disorders), stroke or major trauma. Speech therapy helps improve speech, language, oral motor skills, comprehension, communication and memory, as well as the use of sign language and other communication aids.

Home health care speech therapists work as a team with your doctor, audiologist and psychologist to evaluate and diagnose your problem with speech and communication. Once the cause is determined, an individualized treatment plan is formulated keeping in mind your functional, environmental and social needs at home. Some of them include:

- Tongue and speech exercises to improve coordination of the oral muscles
- Mirrors and tape recorders, to enhance coordination between the brain and body
- Breathing exercises, to control stammering and improve fluency in speech
- Exercises to develop hearing, comprehension and conversational skills
- When speech cannot be restored, methods of nonverbal communication are taught to the patient and family.
- Use of adaptive speech devices
- Hearing rehabilitation

Speech therapy also involves correction of swallowing abnormalities to improve nutritional intake and prevent entry of food into the lungs.

Speech therapy helps improve your quality of life with better cognitive and communication skills to express your needs and ideas, by regaining your ability to eat and swallow, and live a more independent life. In the familiar setting of your own home, speech therapy has been found to achieve a better response to treatment.