

BUSINESS PROFILE

Constant Therapy Is So Much More Than An App: It's A Game-Changing Program You Didn't Know You Needed

By Michael Vandenberg

When I bring up the word, “app”, there is an increasingly unfair connotation of frivolousness that comes to mind. In other words, it’s not 2011 and we’re not just downloading Angry Birds anymore; innovation in the app design and programming fields has drastically increased since then. That’s why The Learning Corp’s Emily De Oliveira, MS, CCC-SLP was so excited to talk to me about Constant Therapy, their company’s state-of-the-art app to help people enhance and continue their speech-language and cognitive therapy both outside of the clinician’s office and on their own time. “It’s an evidenced-based program. It’s HIPPA compliant and has a growing library of speech, language, and cognitive exercises.”

Back in 2012, co-founder Dr. Veera Anantha, “had been investigating how technology could be used to help improve lives,” said Emily. He came up with the idea of Constant Therapy from there. Interestingly, when he first did some surveys with clinicians to see if it would be a viable idea, they had their doubts. They thought it might be too complicated for themselves and their patients, plus devices like iPads and smartphones were still kind of new.

Not discouraged, Veera teamed

up with Ehsan Dadgar to build a prototype of the app. Their idea was finally validated in usability testing when patients were actually really engaged in it. “They were all lingering around the iPad, asking a lot of questions and wanting to try it out,” said Emily. Using the iPad wasn’t a barrier at all; in fact, many people asked if they could take it home with them to practice! During the subsequent research study (before Constant Therapy was available to the public), the company was getting frequent phone calls from people who had seen it on the App Store and wanted to sign up. Since Constant Therapy went fully live in 2013, it has evolved from 12 exercises to 89 and counting.

Emily first heard about Constant Therapy during its research study at Boston University, thanks to her connections to the network as an alumna in the speech-language pathology graduate program. “I remember hearing about it and thinking, ‘Wow, this is such a good idea. This is something that people really need.’” In her first clinical role at a skilled nursing facility, there weren’t a lot of materials to work with, which further demonstrated the need for a program like this in these settings. She decided to join the team fulltime, in addition to her clinical work as a speech-language

pathologist, as the Clinical Manager. In this role, Emily is on the frontlines of developing exercises for the app and using her clinical expertise to influence the user experience.

Today, Constant Therapy enjoys widespread usage both within clinical therapy and by people using it on their own accord. “It’s designed to fit whatever situation the patient is in,” said Emily. A health professional can give you some ongoing exercises to work on in between sessions or, if you’re not working with a clinician, you can use it on your own whenever and wherever you choose. Hence the “Constant” part of the name.

That being said, Constant Therapy is designed to help with a wide variety of conditions. Although they’ve mainly focused on stroke and traumatic brain injuries, the program can also be used by those with more progressive conditions such as primary progressive aphasia, Alzheimer’s and other forms of dementia, and Parkinson’s. Plenty of people with ADHD and learning disabilities use the program as well. “Because



Emily De Oliveira, MS, CCC-SLP

the whole app is divided by skill area, no matter what you’re working on, there are things in there for that specific skill that you can be doing,” Emily explained.

But if you’ve been affected by one of these cognitive conditions and just want to get started, feel free. The program is user friendly, designed for all ages, and a fun way to get the practice and help that you need. Exercise can include, for instance, listening to a voice-mail about an upcoming dinner date and then answering multiple choice questions about the time of the reservation, how many people are coming, or where it’ll take place. Another example of an exercise has you match characters or figures. Even though the type of exercises you’ll be doing can vary widely depending on your condition, Constant Therapy will keep you engaged thanks to its ability to provide immediate feedback on the tasks you complete.

With its positive impact on so many lives, The Learning Corp hears a lot of success stories from its users. Just recently, Emily heard from a man who was introduced to the program in his speech-language pathology sessions but decided to keep using it afterwards. He called up just to

let them know that he was finally able to get back to work, in large part thanks to Constant Therapy.

It also helped one of Emily’s clinical patients make huge improvements. He had significant difficulties with attention, memory, and decision-making. The patient started using Constant Therapy for homework and became really engaged in it over the next couple weeks. He was so excited to talk about the exercises and, more importantly, was able to remember them! During one session with Emily, he flawlessly divided his attention with another conversation, a skill he polished with particular Constant Therapy exercises.

See it for yourself! Download Constant Therapy on your smartphone or tablet today to start exploring. All patients get a free two week trial and clinicians can use the program for free in their sessions. If you have any questions or would like more information, they have a fantastic live support team standing by. Give them a call at 1-888-233-1399 or email support@constanttherapy.com. Feel free to visit their website, thelearningcorp.com, for videos demonstrating Constant Therapy and testimonials as well.



A client from The Learning Corp. using the app.