How to use Sagbar between sessions

Your speech therapist has given you an exercise list. This sheet explains how to use it in Sagbar.

Opening the list

- Open the link or scan the QR code. The exercise list opens in Sagbar.
- The list shows your exercises, how often per week and for how long, and a note from your speech therapist.
- The list is stored only on your device and is valid until the date shown.

Between sessions

- Practise as often as the list says. If it feels like too much, do less. Pausing is always fine.
- Remember what went well and what was difficult, and bring it to your next session.
- If an exercise feels uncomfortable, stop and talk about it at your next session.

Sagbar is a self-help app. It does not replace speech and language therapy and does not make a diagnosis.