

## **The Story of the Two Pauls and The SAVE Program**

**Paul # 1: (Age 16) Diagnosed with Autism**

**Paul # 2: (Age 65) Diagnosed with Alzheimer's**

### **About Paul #1**



Paul # 1 was diagnosed with Autism at age 2. Although he attended school and could do his assignments fairly well, his mother explained that Paul could not speak. "He spoke *gibberish* and an occasional repetitive phrase, but never really spoke a meaningful sentence in his entire life," she said. Paul would make his needs known by pointing at things. He was 16 years old when he participated in The SAVE Program.

Soon after completing the one-week, 10-hour SAVE Program, Paul did something unexpected. During a trip to the mall with his mother, Paul walked up to an attendant at a carousel and asked how much it would cost to ride. "He had never done anything like that before," his mother recalled. "Usually he would have just climbed on the ride." She credits The SAVE Program for the change in her son. He is now talking in full, complete and complex sentences for the first time with purpose and understanding. He has continued to expand his vocabulary and his family and teachers are quite surprised and pleased with his progress.

Paul #1's response to The SAVE Program is not unique. Many children on the Autism Spectrum have begun to speak or communicate for the first time after completing The SAVE Program.

What was also exciting was what happened to Paul #2 when he went through The SAVE Program. Paul #2 was 65 years old and diagnosed with Alzheimer's. He had been a successful attorney and CPA before Alzheimer's destroyed his life.

### **About Paul # 2**



Paul #2, an active and bright attorney and CPA, gradually lost his memory until he could no longer work. If he tried to tell a story, he quickly asked his wife to finish it because he could not remember what he was trying to say or where the story would lead. He could not keep up with his belongings and could no longer do the things he loved, like working in the

yard. He was unable to do math even though he is a CPA and was a math major in college. The depression set in as he realized how much he could no longer remember and how small his world had become. His handwriting disintegrated until it was illegible. He had anxiety, was agitated and socially shut down and couldn't interact with others.

His wife stated that Paul was prescribed two antidepressants in high doses. She said that the drugs not only made him sleepy but caused seizures, at which point he was prescribed seizure medication in addition to what he was already taking. This made him even less alert making him sleepy most of the time. The Alzheimer's drug added by his doctor, made him sick. He was dizzy and nauseous and the drug would cause him to vomit.

Paul says he was "zonked" from the meds. He would get up and eat and then go right back to sleep. He was not motivated to do anything. He was actually getting worse on the drugs. Paul's world was closing in on him, as he was no longer able to do anything interesting or stimulating with his life.

On the third and fourth day of The SAVE Program he became agitated. But on the evening of the fourth day he calmed down and his wife has not seen the agitation since. His memory was much better for 4-5 weeks, his wife said. "He could recall and tell stories from start to finish again. His word-find improved. He was using words that were lost to him for a long time," she explained.

Today, Paul #2 is motivated to do things again. He helps out around the house where before he would have just slept, his wife said. "He is working in the yard, cleaning out flowerbeds and asked the doctor to give him permission to use the lawnmower again."

There were even more improvements. His wife says that Paul's visual perception seems better and he is much better socially. She is not the only one who sees this. All their friends have noticed how much more sociable he is since The SAVE program.

Since The SAVE Program, Paul has been successfully removed from the Alzheimer's drugs and both of the antidepressants. He was even able to stop his seizure medications.

Noise is distracting to him. If he is trying to remember something he will ask for the music or TV to be turned off. It helps him remember when he is not distracted. He knows what he needs to do to concentrate. When he is in social settings where there are many distractions, he is even able to self regulate. He is much more social now but if he gets overwhelmed, he just excuses himself for a while and when he is ready, he rejoins the group.

Although his memory has begun to slide again, for example, he goes into a room and doesn't remember why; he has retained much of his gains. He doesn't sleep all the time. He is no longer agitated and is still motivated to help out around the house. His handwriting is legible again and he can still find those words that once seem lost to him forever. Nearly one year later his vocabulary remains intact, his personality remains pleasant, he can socialize and no longer needs to leave the room to calm himself. Paul continues to be able to stay awake and alert. His neurologist has dismissed him saying she no longer needs to see him and he remains prescription drug free. Paul says he is "significantly better after the program."

## Program Helps Autistic Teen Speak for First Time

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For most of his life, 16-year-old Paul Bauer has spoken only gibberish and an occasional repetitive phrase. Connie Bauer sensed that her son wanted to say more, but she didn't know how to help him find the words locked inside his mind. Since being diagnosed with autism as a toddler, he made his needs known mostly by pointing at things.

Then, during a trip to the mall, something unexpected happened. Paul Bauer walked up to an attendant at a carousel and asked how much it would cost to ride. "He had never done anything like that before," said Connie Bauer, of Grand Prairie. "Usually he would have just climbed on the ride." Bauer credits a 10-hour accelerated sensory integration program, which involves watching spots of colored light while listening to music on a moving table, for the change in her son. He is now talking in sentences for the first time.

Paul Bauer finished the therapy last year and seems less frustrated now that he can communicate with others, his mother said. He really did want to talk, but all that came out was gibberish, she said. "Now he actually tells us stuff," Bauer said. "It's just so nice to hear him talking."

Sensory-motor Auditory Visual Education, or SAVE, combines three therapies to achieve faster and better results than if they were used separately, said Dr. Mary Ann Block, who developed the program and has been using it for years on patients in her Hurst office. Training the visual, auditory and motor senses together helps develop, retain and expand the ability to take in, understand and use information more effectively, according to Block, an author and physician who specializes in a natural approach to health.

"The brain is really elastic and flexible," she said. "Given the chance, it can do amazing things." To understand how sensory integration works, think about learning to ride a bicycle. "You don't learn to do it just with your eyes," Block said. "You need all of your senses."

It's the same with SAVE, which Block has used to help people with autism, Asperger's syndrome, ADHD and other conditions. College students and adults have also benefited from memory improvements, reading concentration and organizational skills, she said. Block said she hopes to explore its effectiveness for adults with Alzheimer's disease.

During a session, the client lies on a slowly rotating padded chair while following colored lights on a computer monitor overhead and listening to music on headphones. "The person just lies there, looks at the lights and listens to the music and it happens to them," she said. Along with the lights, music plays an important role during a typical session. Certain sounds are filtered out of the music, causing the ear to try harder to fill in the blanks,

Block said. Block said she has seen improvements in everyone who has used the program. In some kids, we have seen changes the first day," she said.

After her son Christopher went through the program, Katy Wood of Fort Worth said, she noticed that he was making eye contact more often. Christopher, 11, diagnosed with Asperger's syndrome, appeared to be on a more even keel without the highs and lows of the past. Soon he was initiating chitchat with family members and carrying on conversations. His sense of humor also blossomed. "He was just sort of able to be there better than before," Wood said.

Christopher, who described the therapy as a little like being in a sci-fi movie, said he doesn't see himself any differently. "I don't notice myself as much as everyone else does," he said.