



When Parkinson's interferes with my ability to speak.




Recently Diagnosed | Online Guide

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TODAY'S PROGRAM




Impact of difficulties with communication



What do communication issues look like?



What are the factors that affect communication in PD?



How is it best managed?

2

TODAY'S PROGRAM



**Impact of
difficulties with
communication**



What do
communication
issues look like?

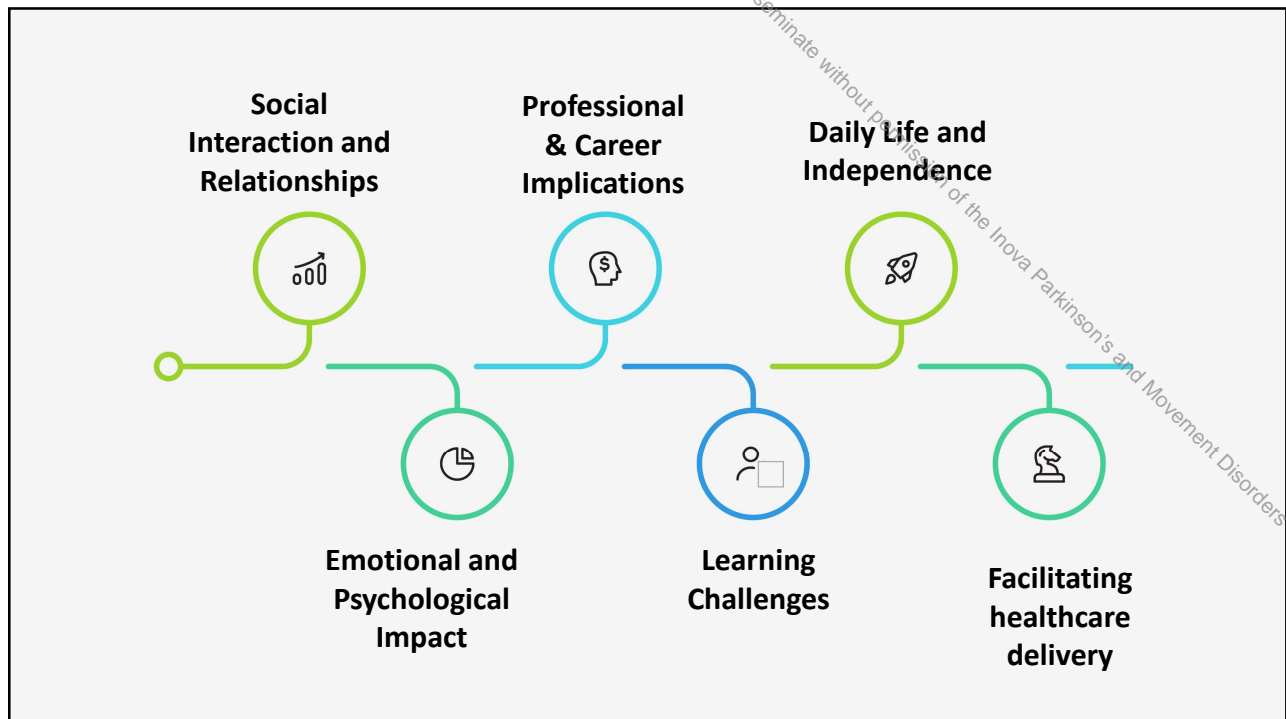


What are the
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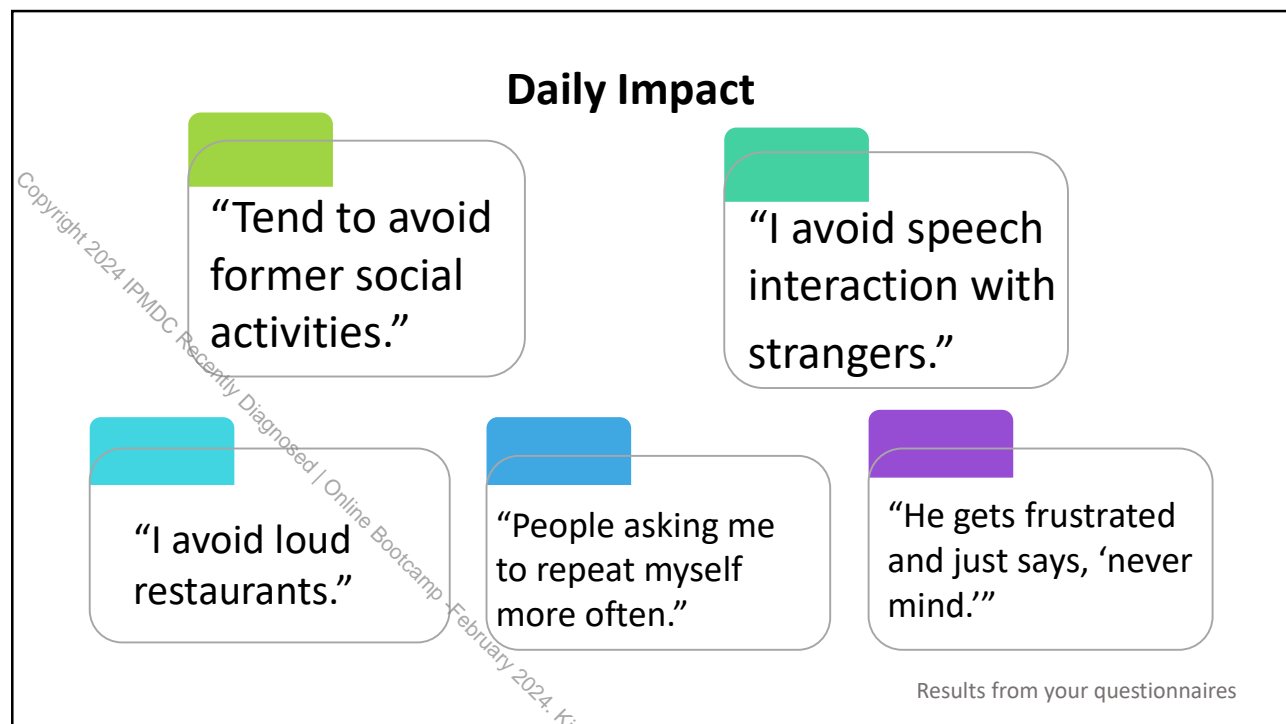


How is it best
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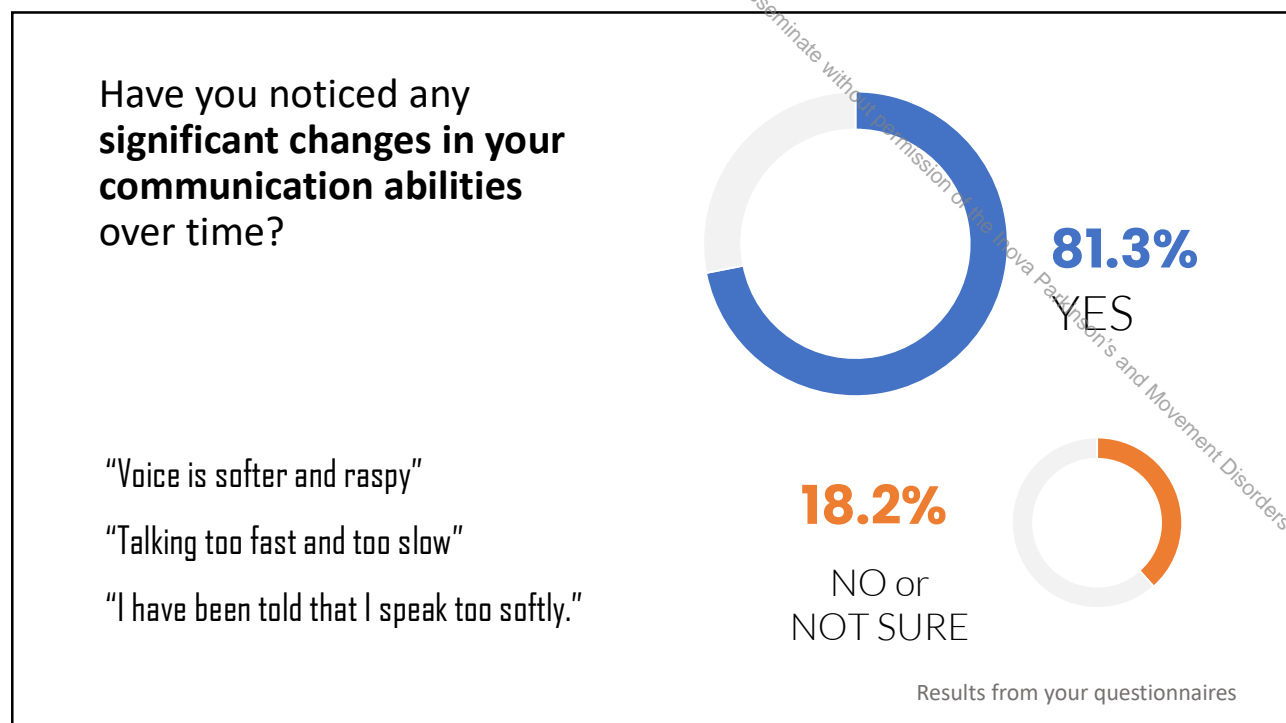
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Loudness	Cognition	Fatigue
Soft voice Soft speech Speech low Low voice Speech low & muddled. Volume low.	Serious word-finding issues Losing words when speaking, forgetting what I was saying Speech slower Slurred speech at times [clarity]	Voice tires quickly
		Strain Hoarseness after speaking more than a few minutes.

Results from your questionnaires

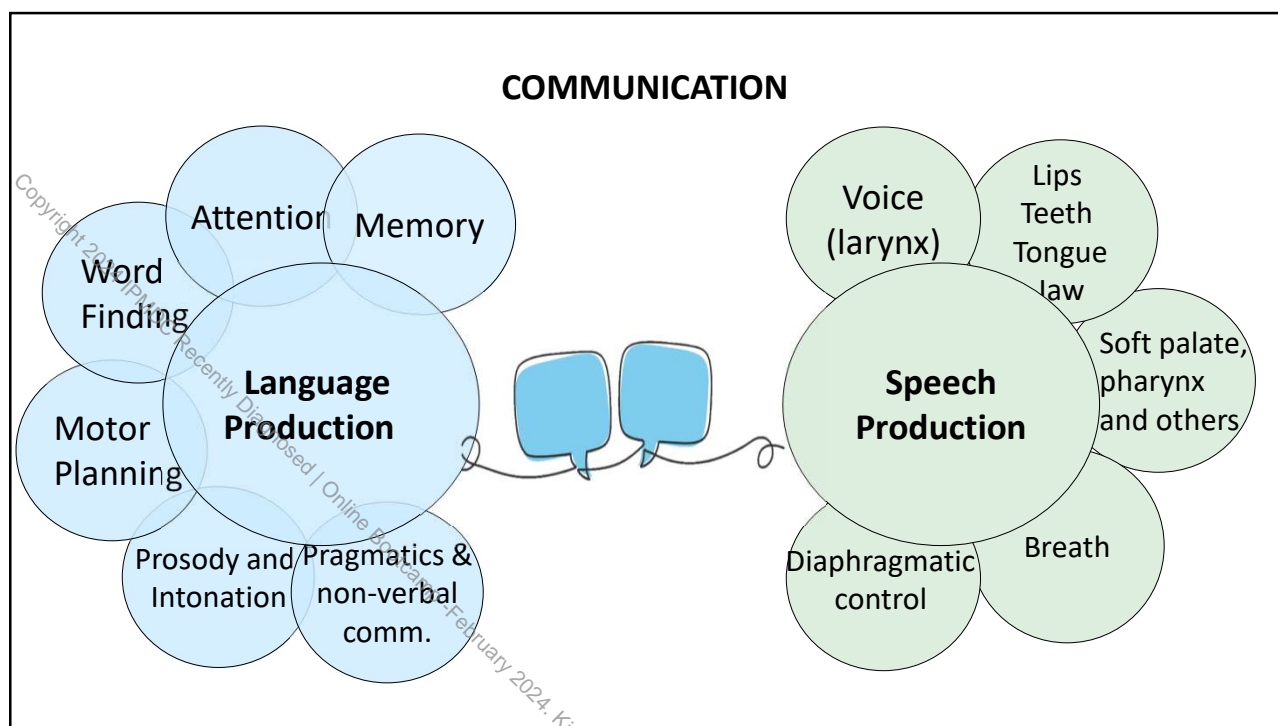
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TODAY'S PROGRAM

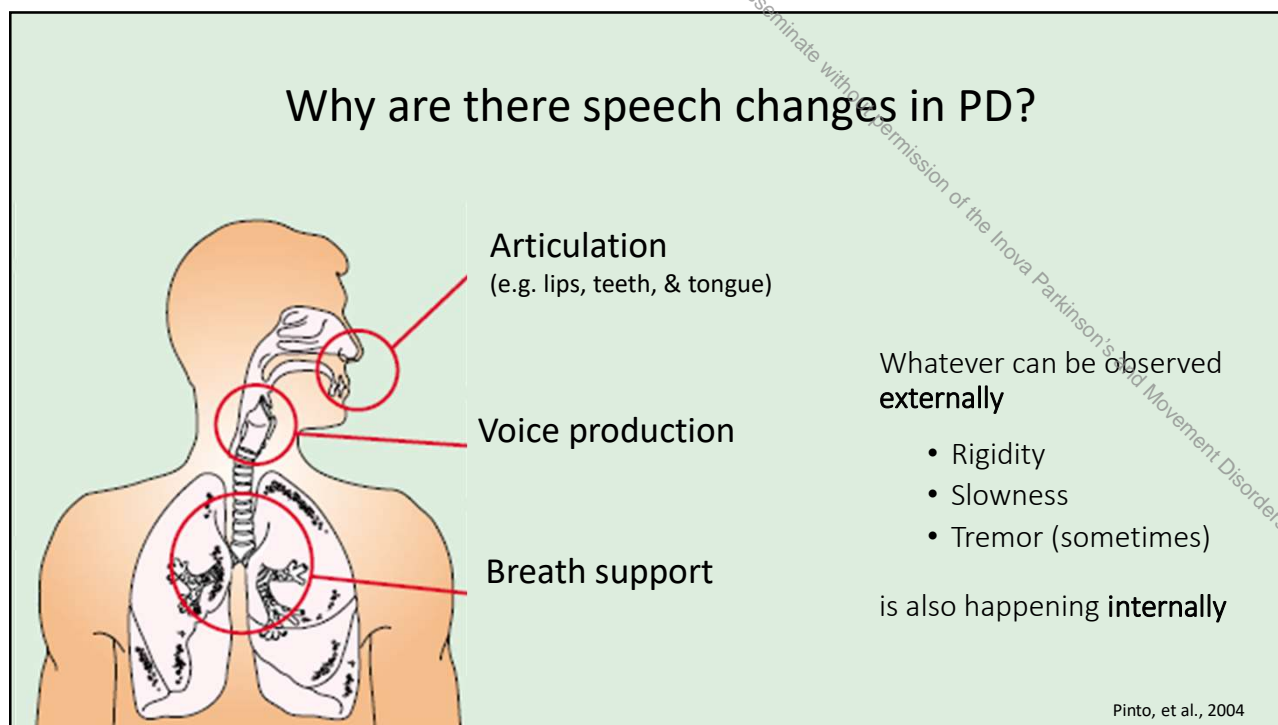
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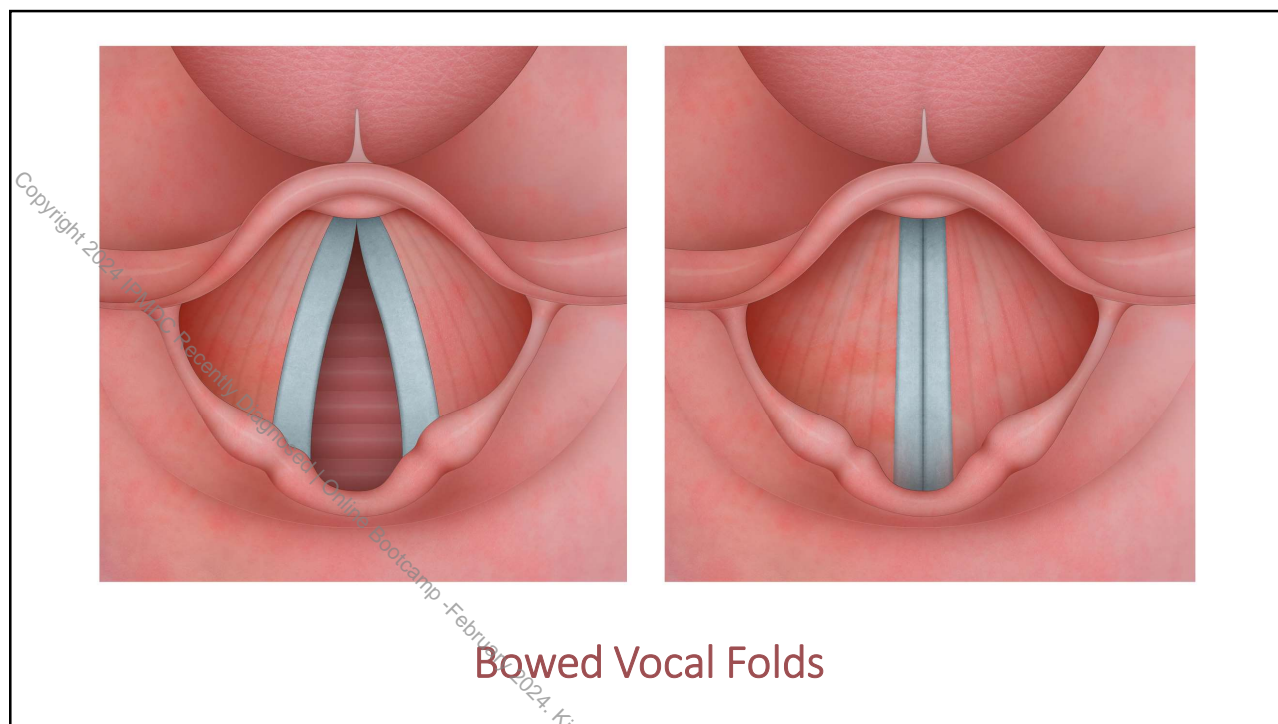
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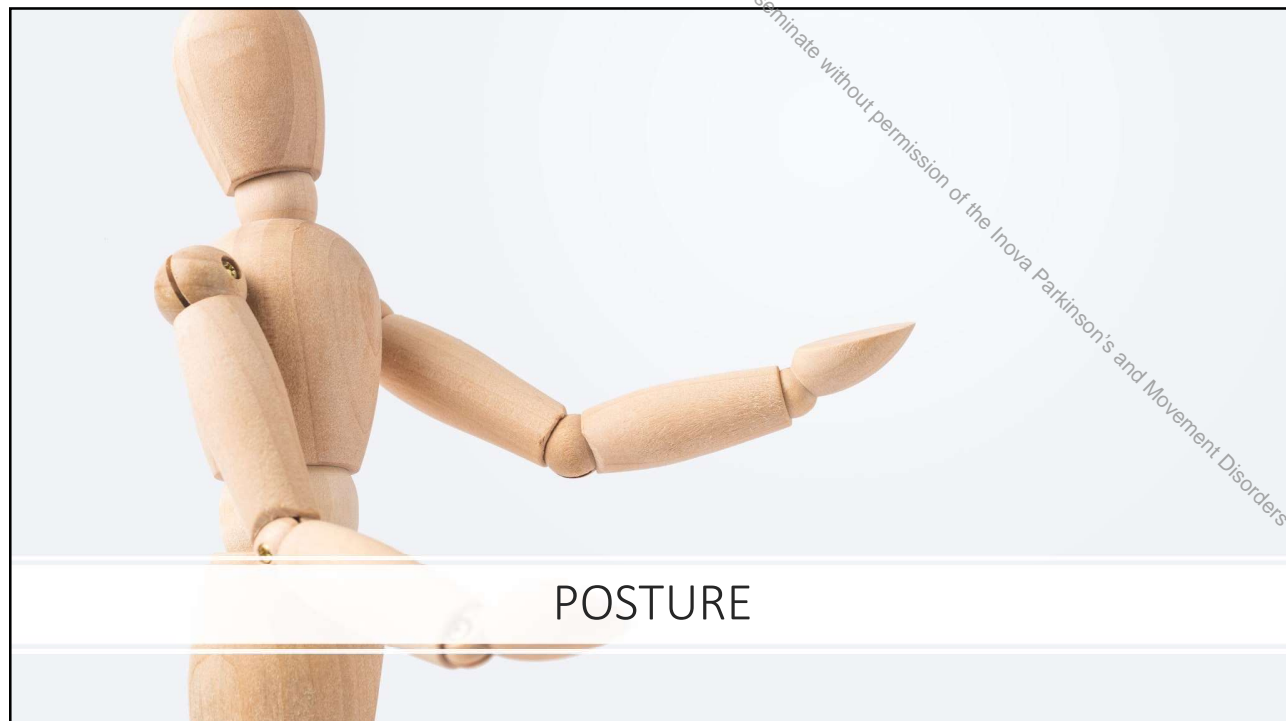


How is it best managed?

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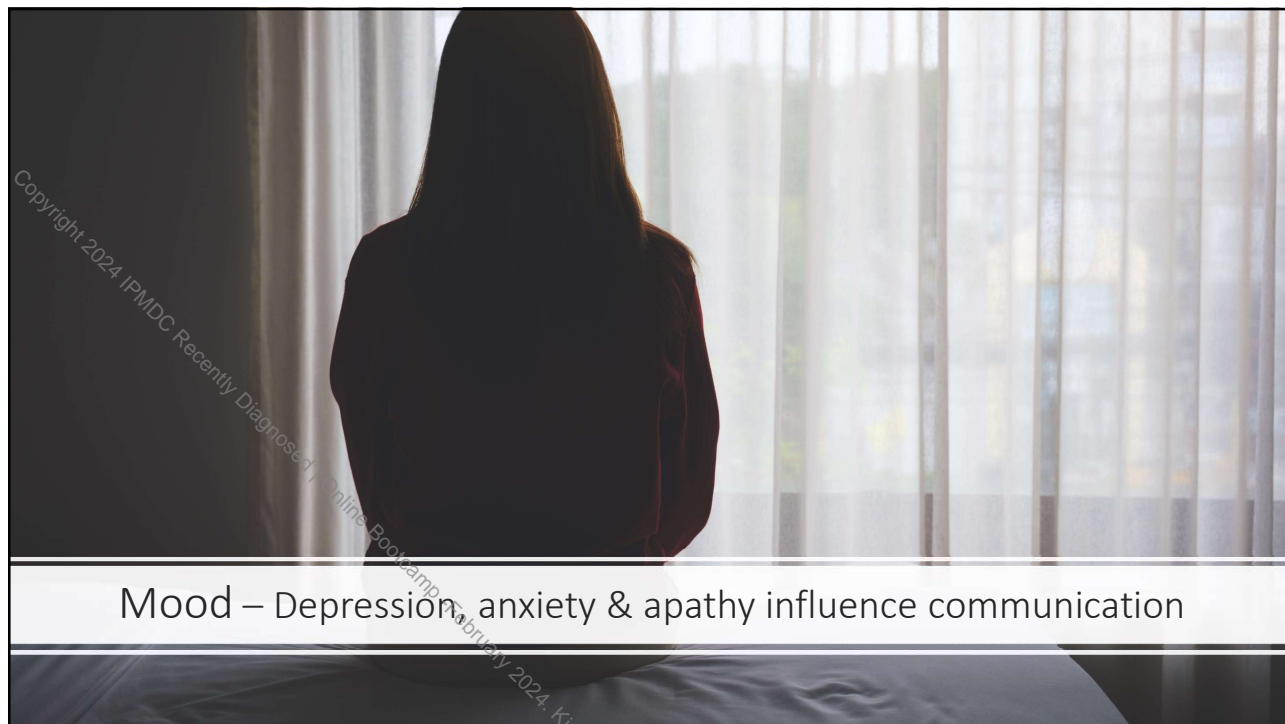
BREATH SUPPORT

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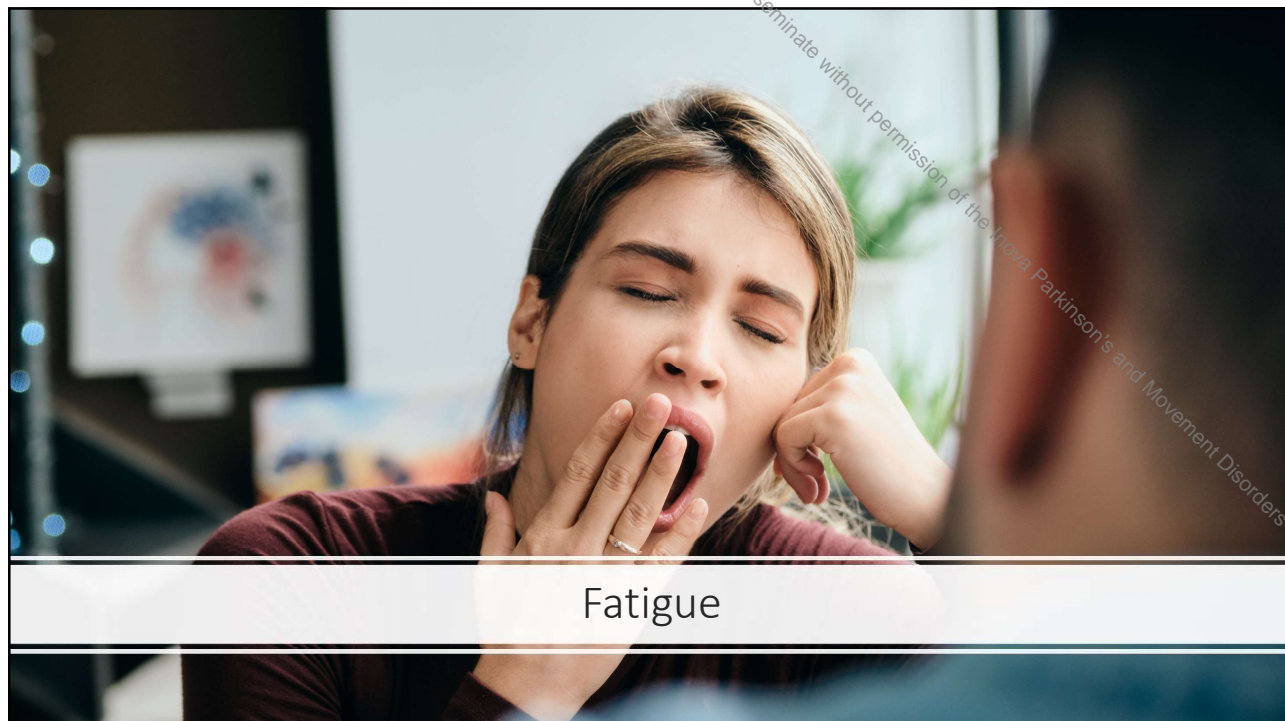


Influence of age-related changes in vision and hearing

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Retrieval and word-finding

- “Can’t remember the word I wanted to use”
- “Cannot find necessary words”
- “Difficulty in putting thoughts into words”
- “Searching for words”



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Influence of dual task

- Delayed response
- Quieter voicing
- Distortions



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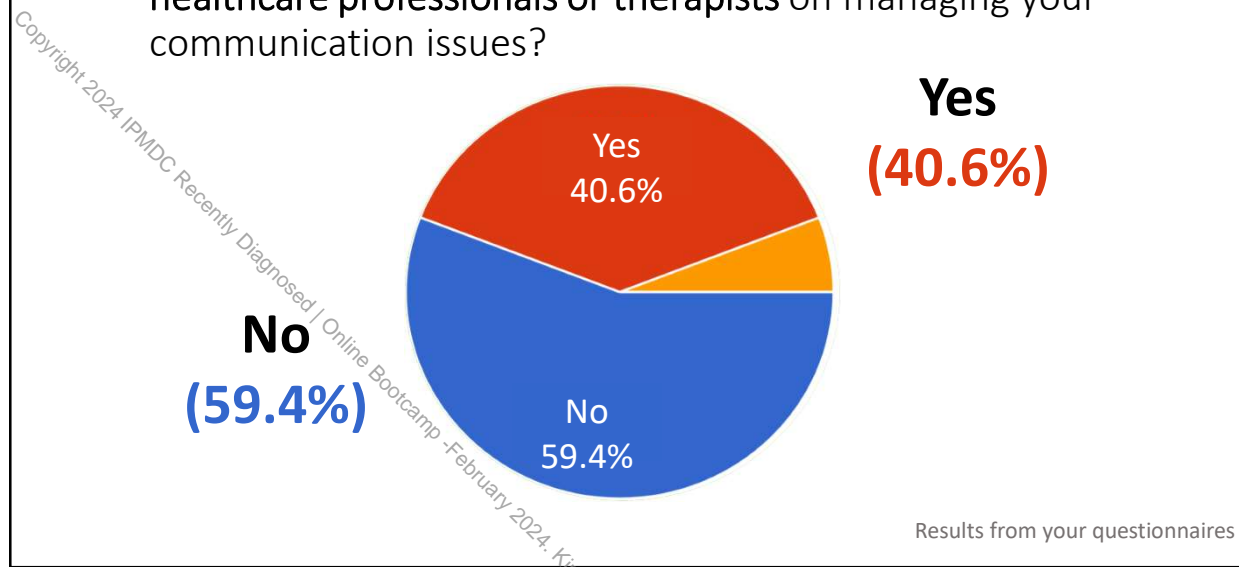
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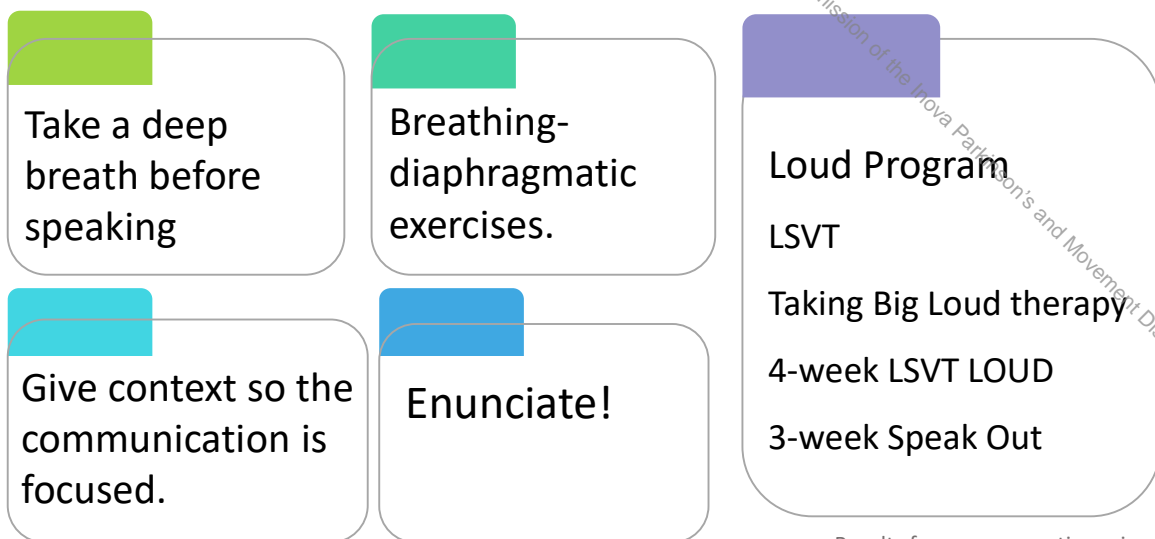
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Have you received any **advice or recommendations** from **healthcare professionals or therapists** on managing your communication issues?



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What type of advice did you receive?



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Reduce addressable
and reversible factors

E.g.
Hearing loss
Vision changes
Others



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Addressing
quiet speech

LSVT
GLOBAL

<https://www.lsvtglobal.com/LSVTLOUD>



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Addressing quiet speech

<https://parkinsonvoiceproject.org/>



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Addressing quiet speech with tech



Incorporating
technology to
improve volume



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Breath training

EMST 150

Much stronger
research support!



Threshold trainer

The Breather



THE
BREATHER.

Resistance trainer

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Addressing
quiet & cognition

Increase daily speaking
opportunities

EGs

- Practice reading aloud
- Speech recognition on the phone, smart speaker etc.
- Volunteer and community opportunities (incl. choirs)

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Addressing quiet & cognition

What if we count the no. of words in a day?





Category	Words spoken during the day
Average	16,000
Average male	15,669
Average female	16,215

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Addressing cognition


Word finding treatment

- Weak evidence for targeted exercise
- Even less for crossword puzzles, word search

Adding into other exercise treatments (e.g. dual-task training)

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Choirs?

- Excellent socialization
- Functional cognitive workout
- Good exercise for voice and breath*

* Not a replacement for work with an SLP

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