

When Parkinson's interferes with my ability to speak.

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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?



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Impact of difficulties with communication



What do communication issues look like?

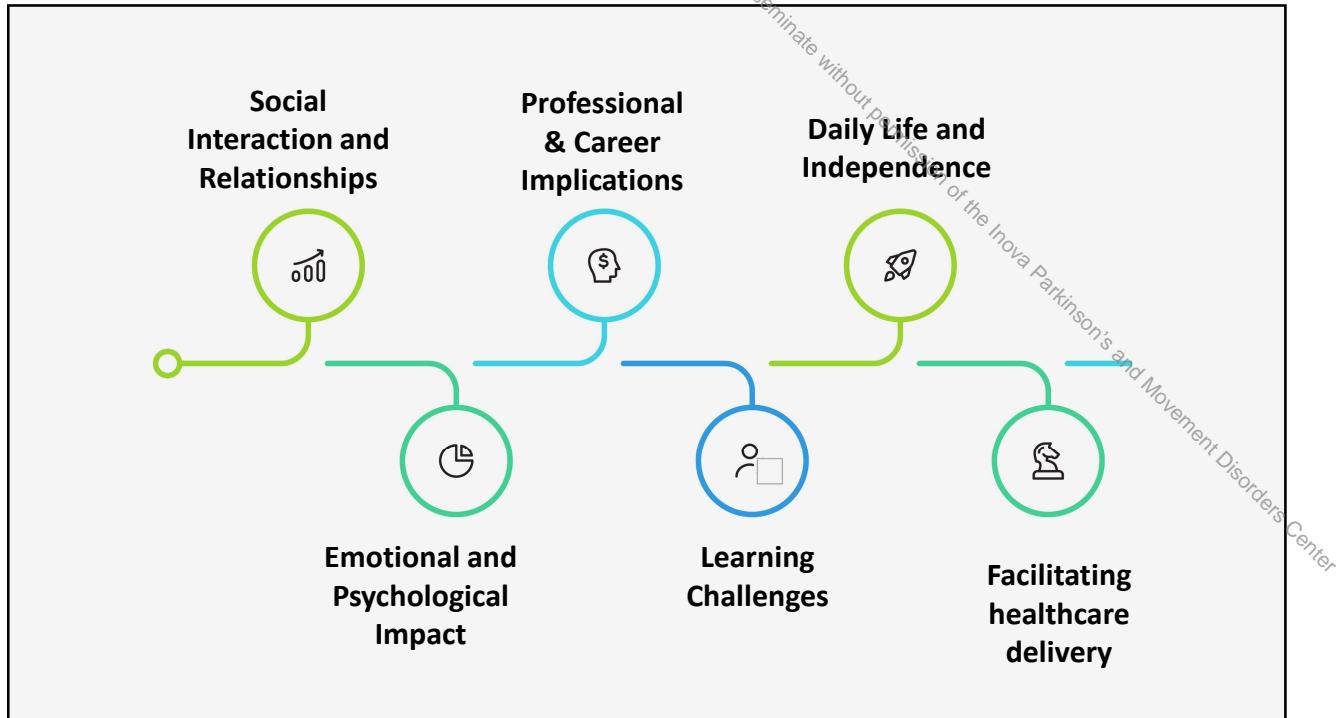


What are the factors that affect communication in PD?



How is it best managed?

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Daily Impact

“Tend to avoid former social activities.”

“I avoid speech interaction with strangers.”

“I avoid loud restaurants.”

“People asking me to repeat myself more often.”

“He gets frustrated and just says, ‘never mind.’”

Results from your questionnaires

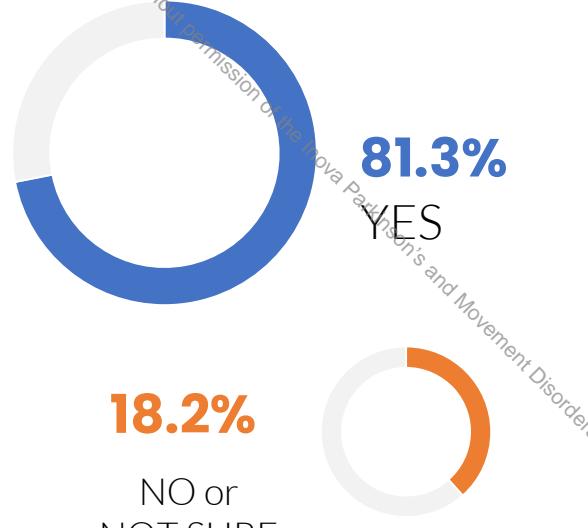
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Have you noticed any **significant changes in your communication abilities** over time?

“Voice is softer and raspy”

“Talking too fast and too slow”

“I have been told that I speak too softly.”



81.3% YES

18.2% NO or NOT SURE

Results from your questionnaires

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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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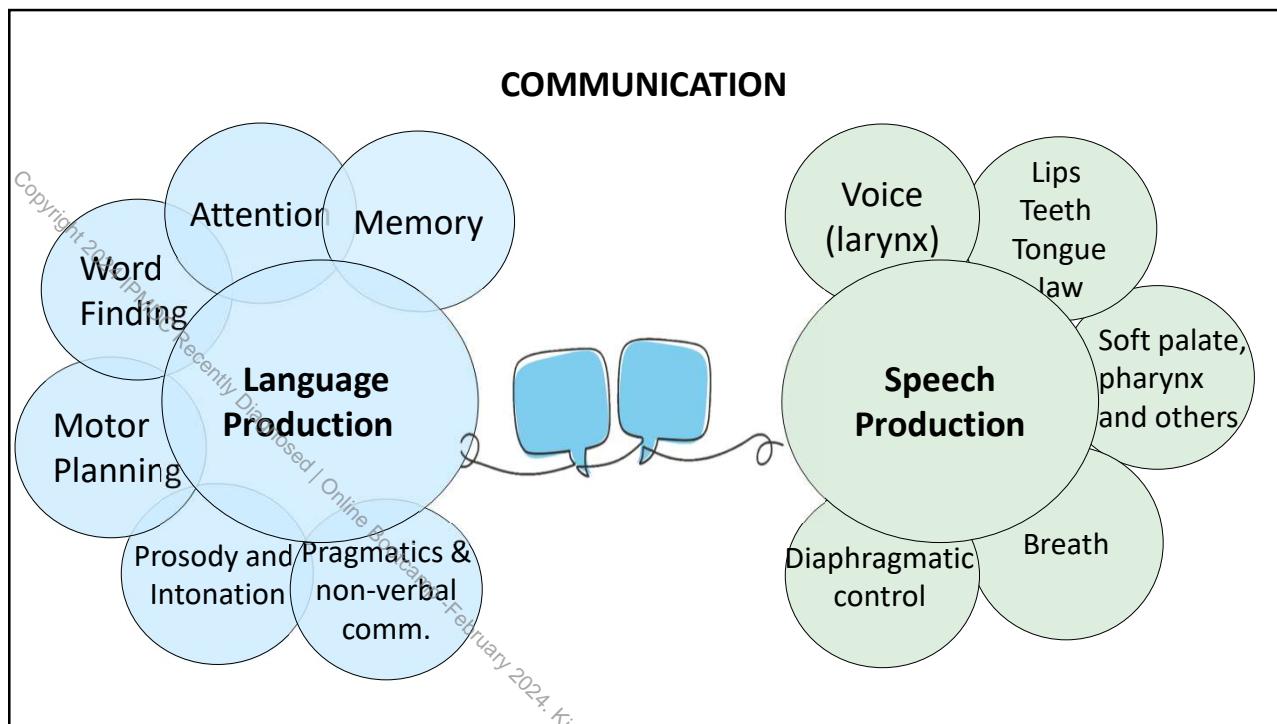


What are the factors that affect communication in PD?

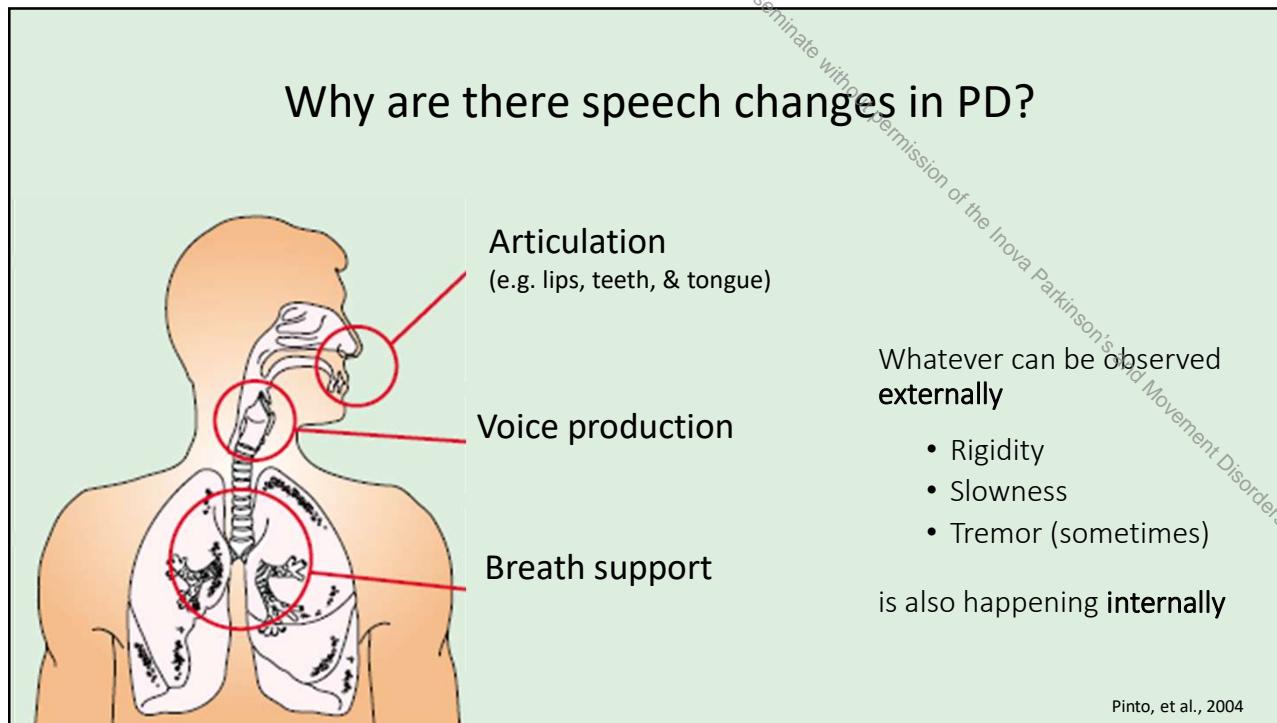


How is it best managed?

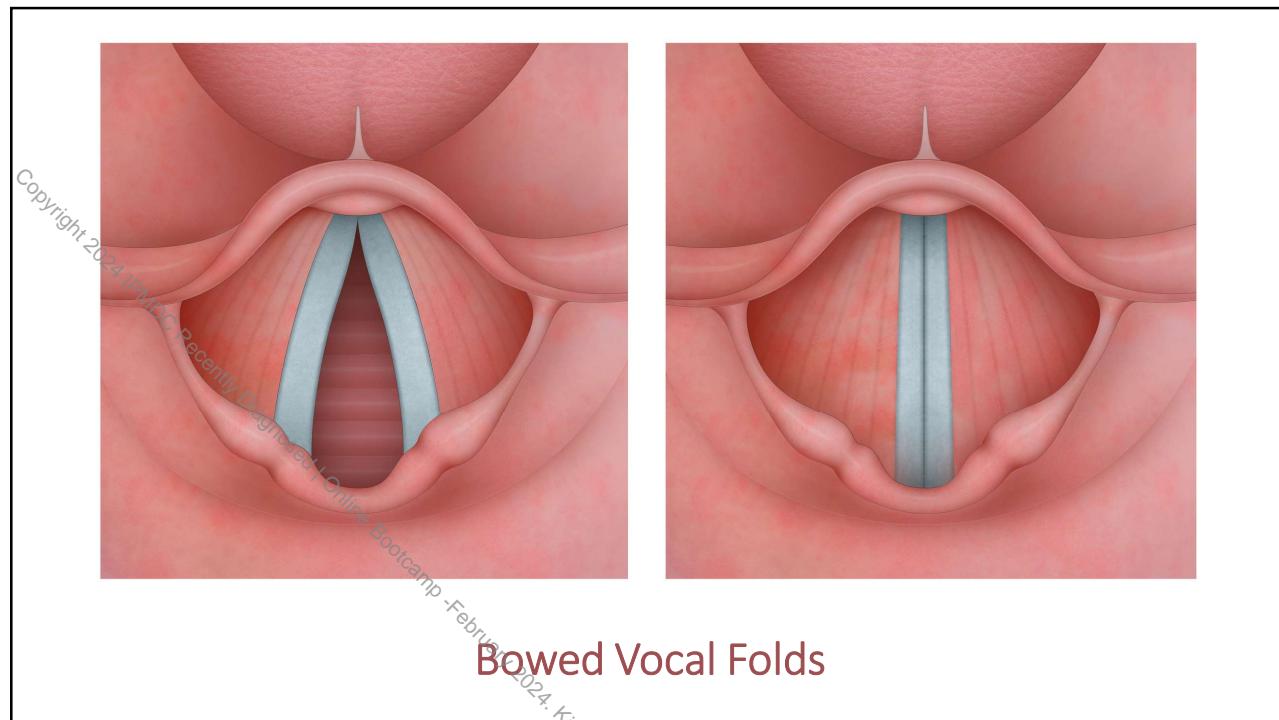
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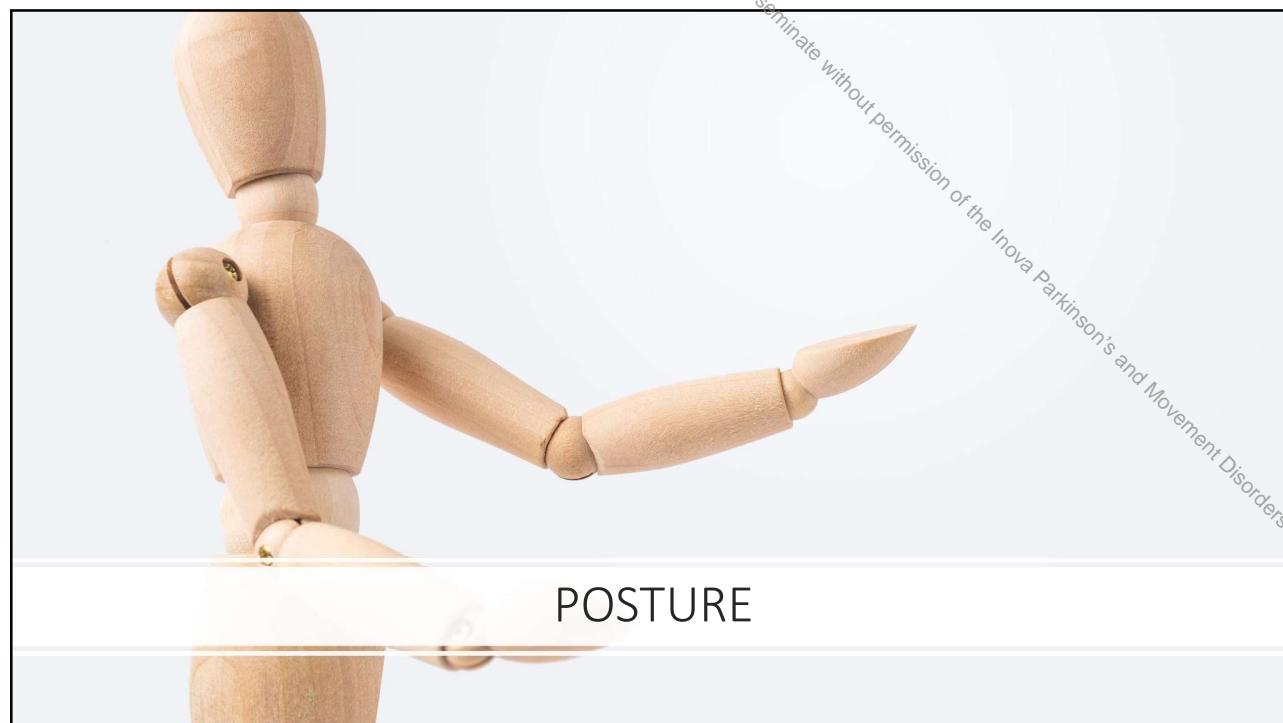
What are the factors that affect communication in PD?

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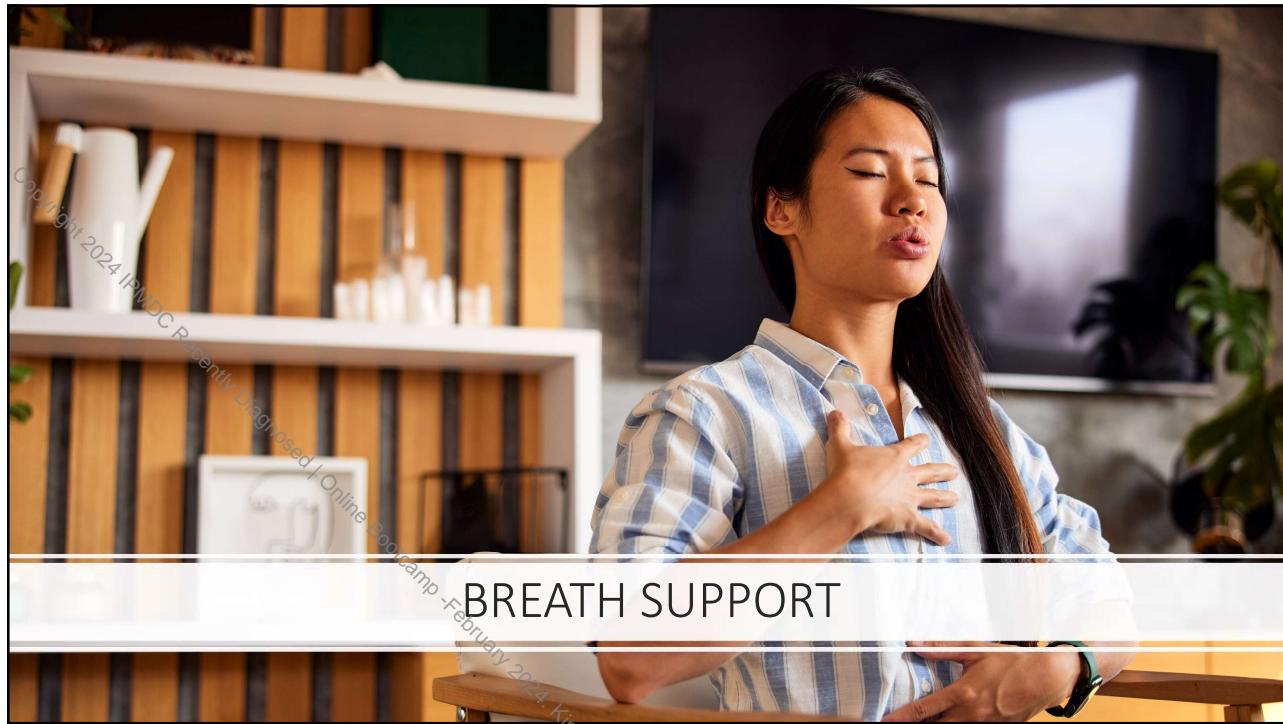
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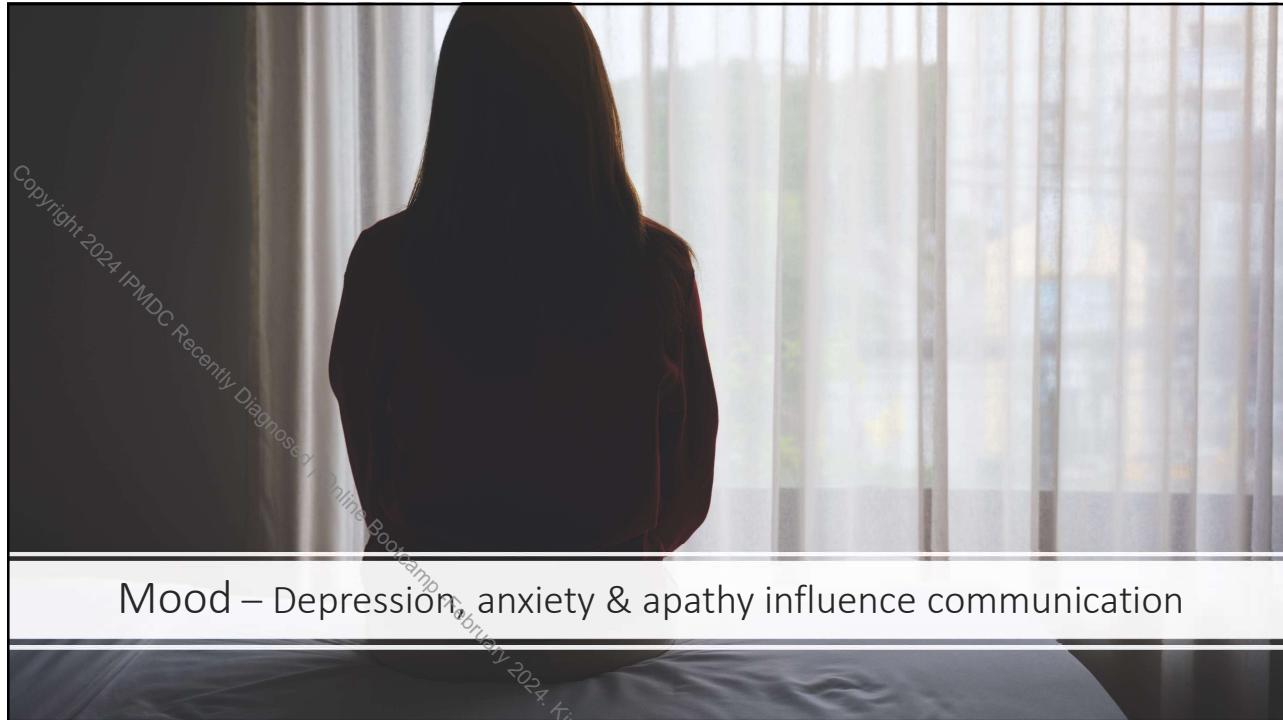
BREATH SUPPORT

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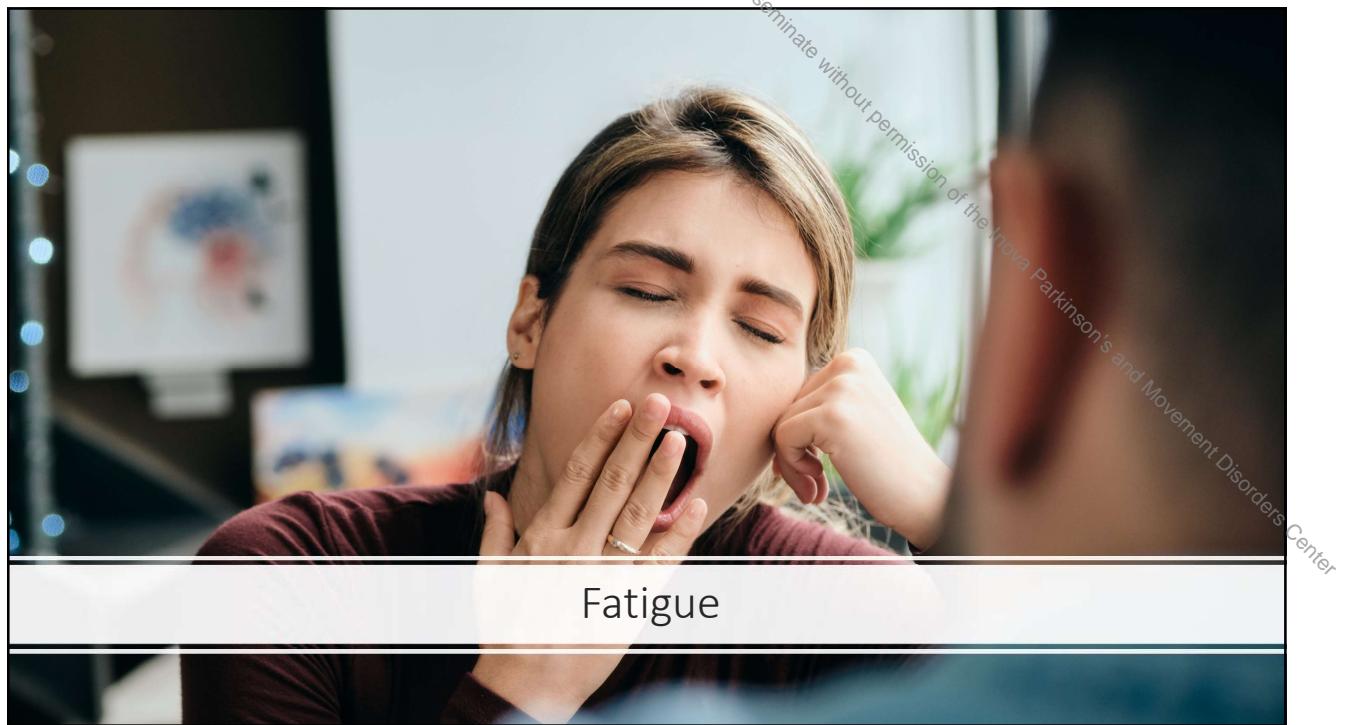
Influence of age-related changes in vision and hearing

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Mood – Depression, anxiety & apathy influence communication

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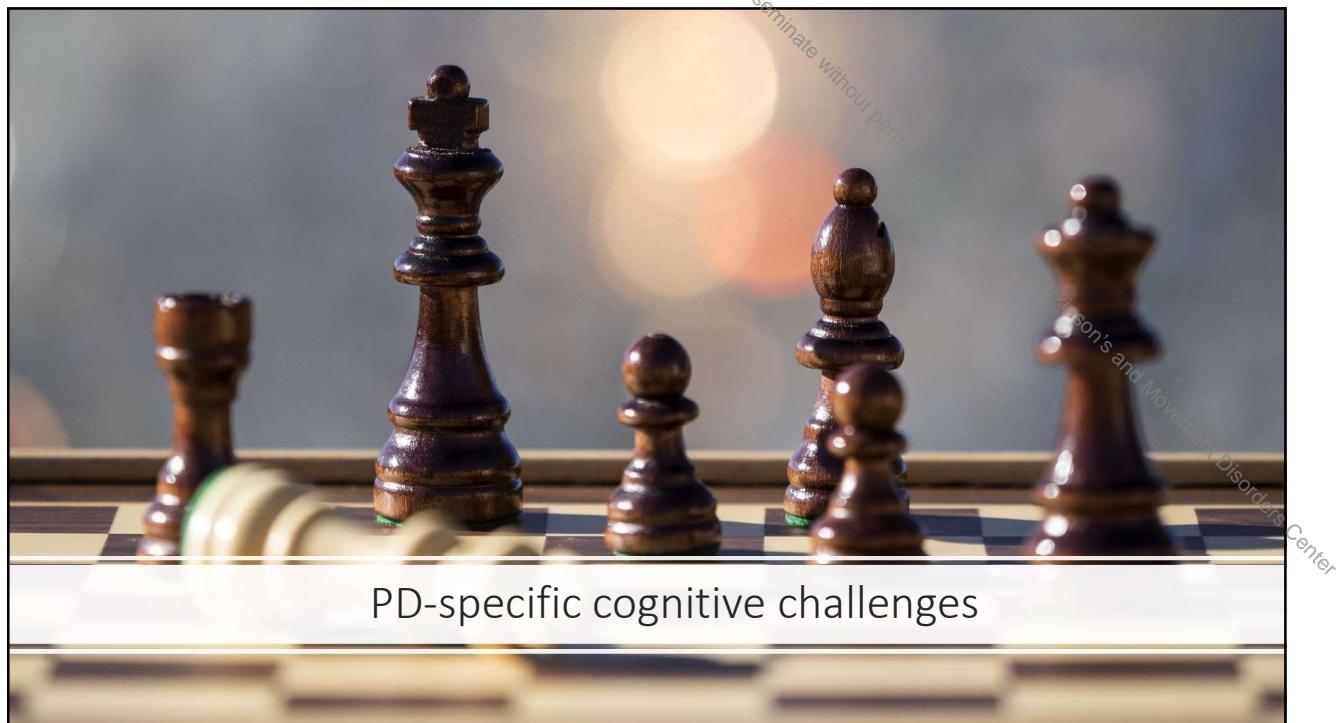


Fatigue

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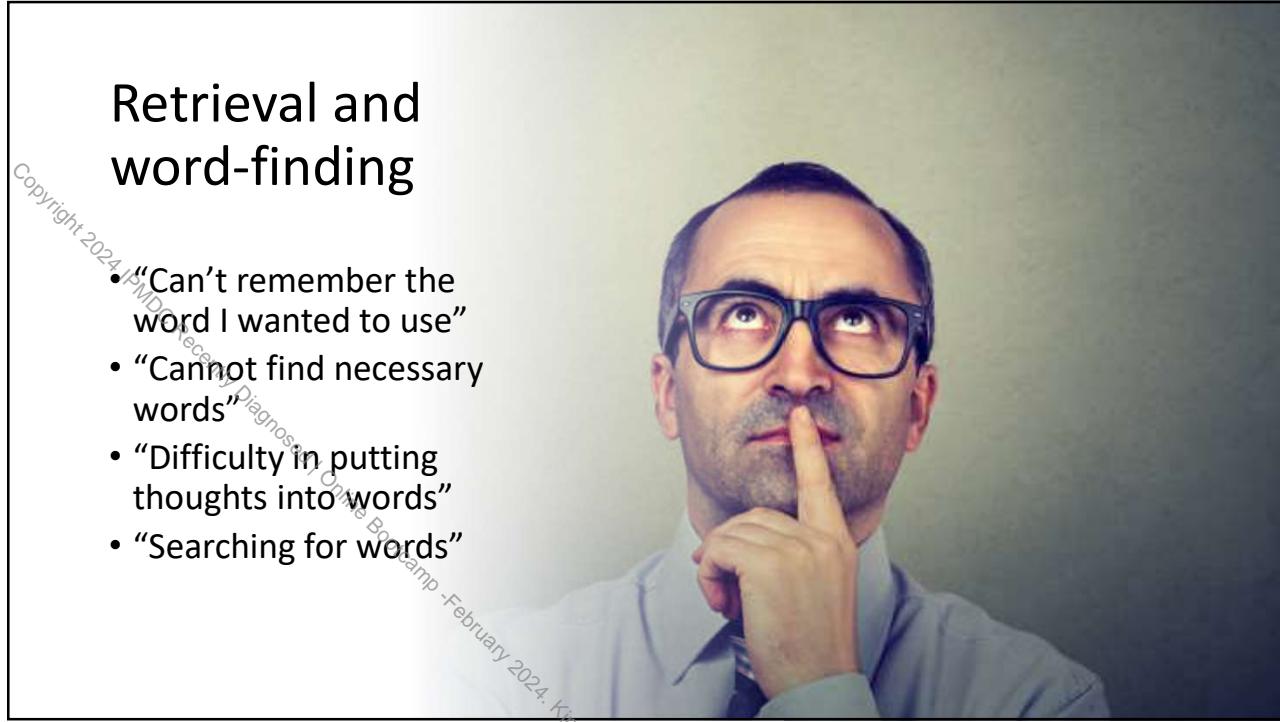
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Retrieval and word-finding

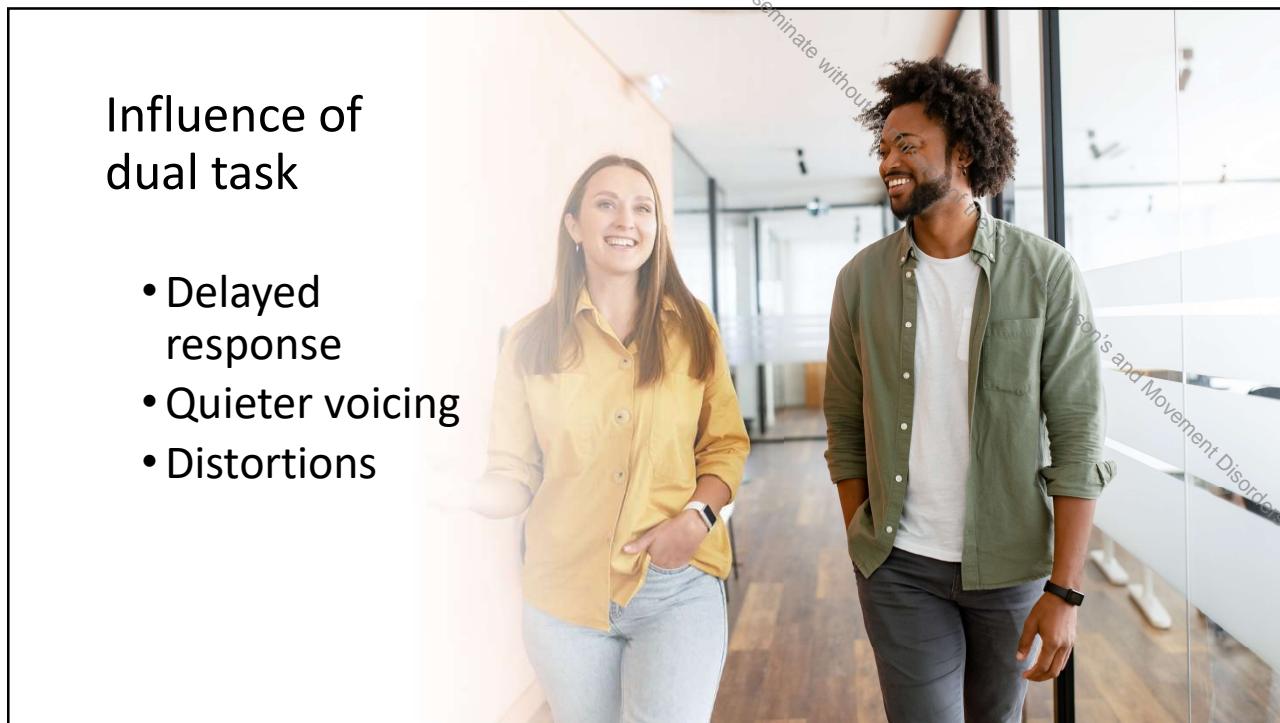
- “Can’t remember the word I wanted to use”
- “Cannot find necessary words”
- “Difficulty in putting thoughts into words”
- “Searching for words”



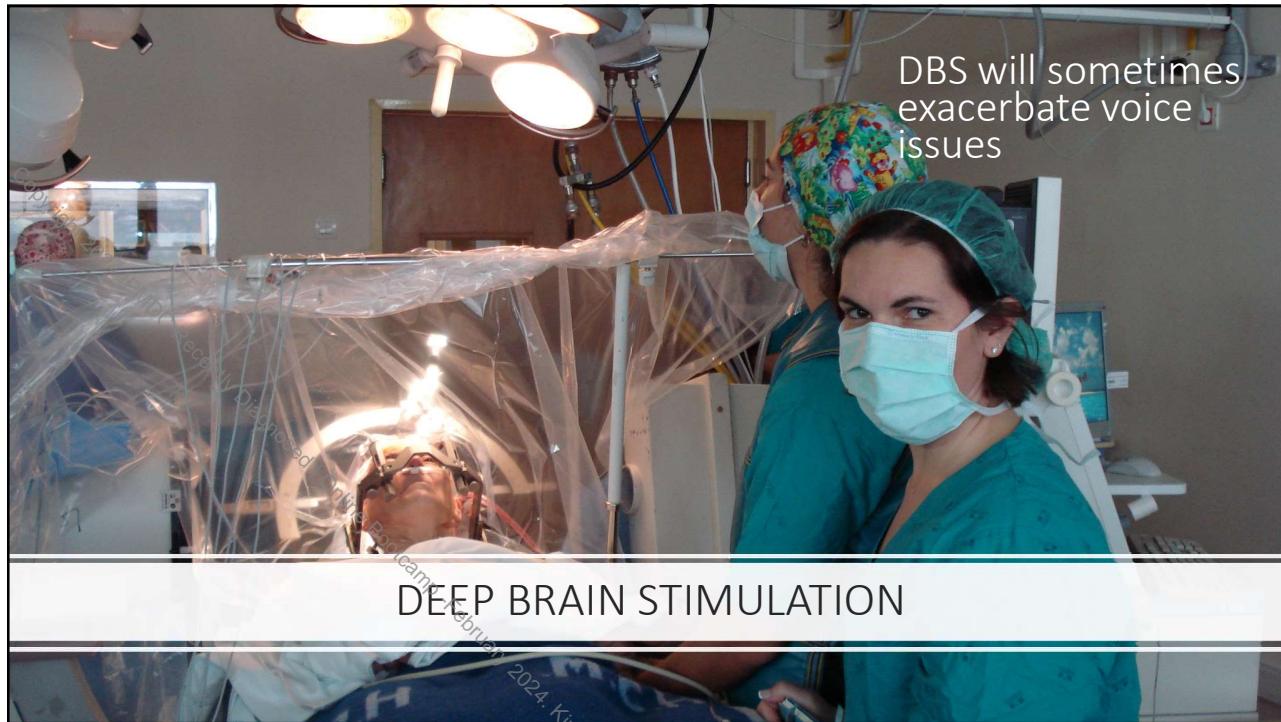
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Influence of dual task

- Delayed response
- Quieter voicing
- Distortions



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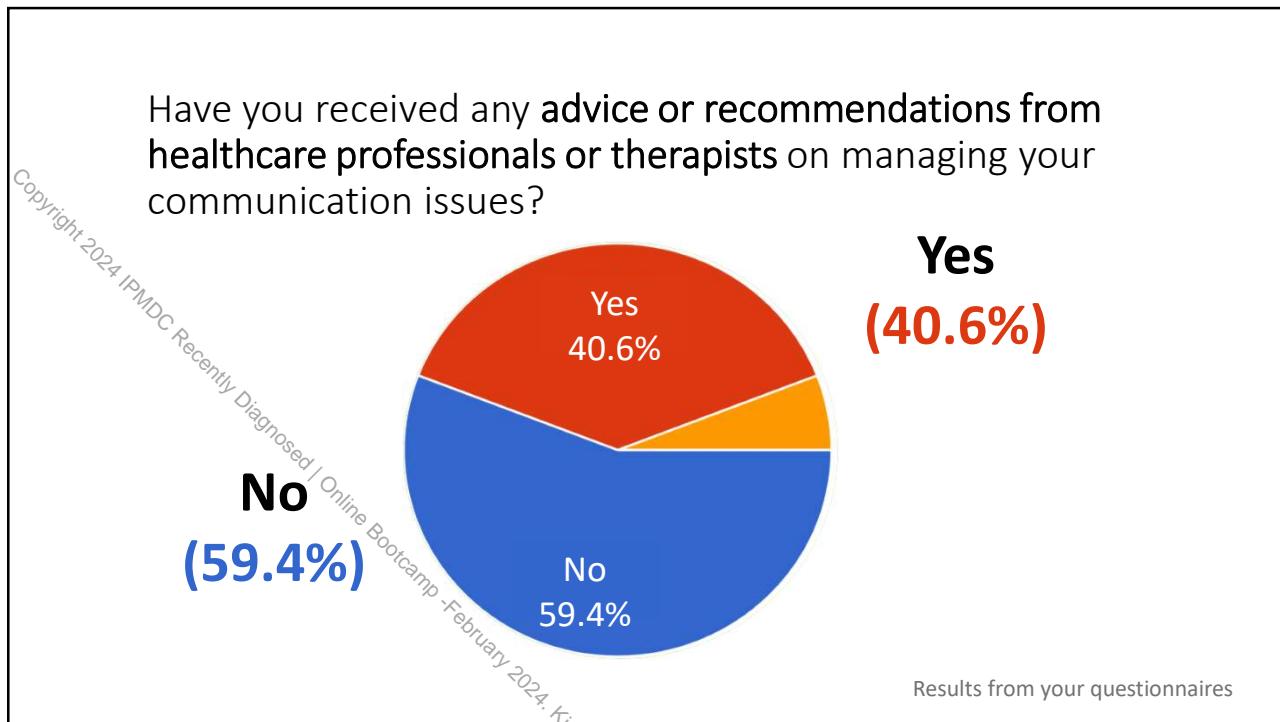


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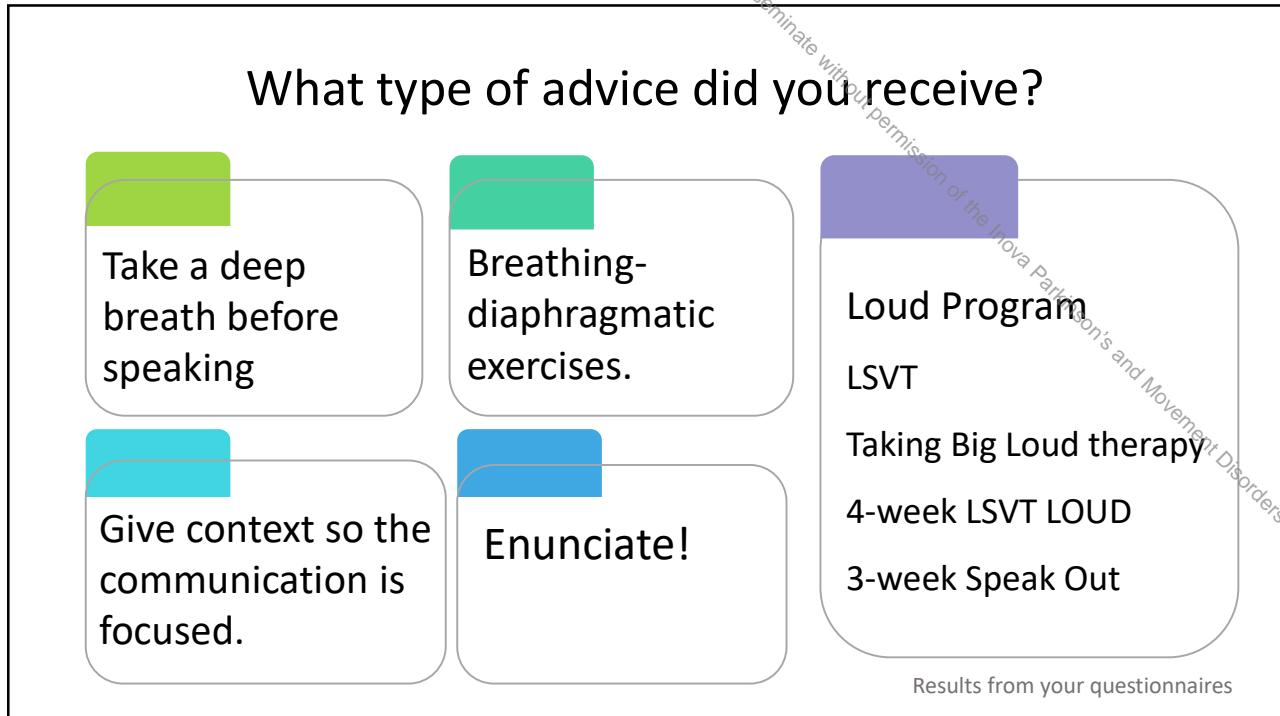


How is it best managed?

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Addressing quiet speech

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<https://parkinsonvoiceproject.org/>



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Addressing quiet speech with tech



Incorporating
technology to
improve volume



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Breath training

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EMST 150

Much stronger research support!

Threshold trainer

The Breather



Resistance trainer

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Addressing quiet & cognition

EGs

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

Increase daily speaking opportunities

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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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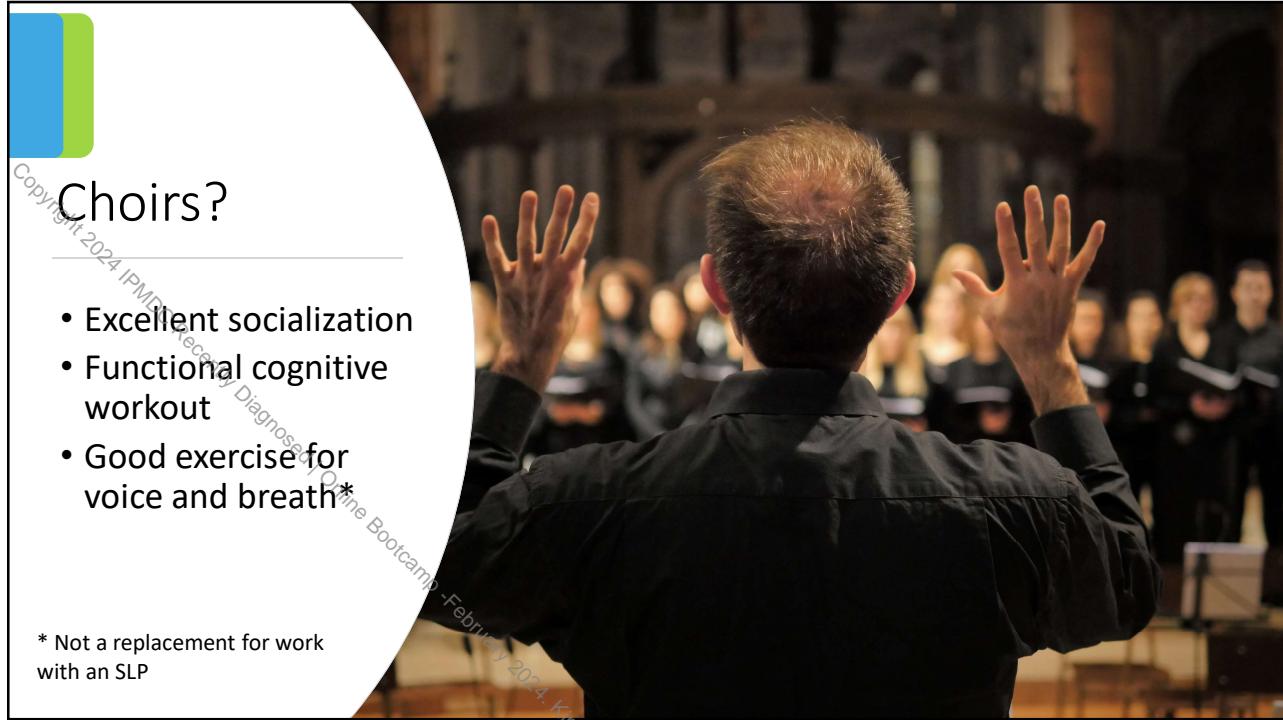
Addressing cognition

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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