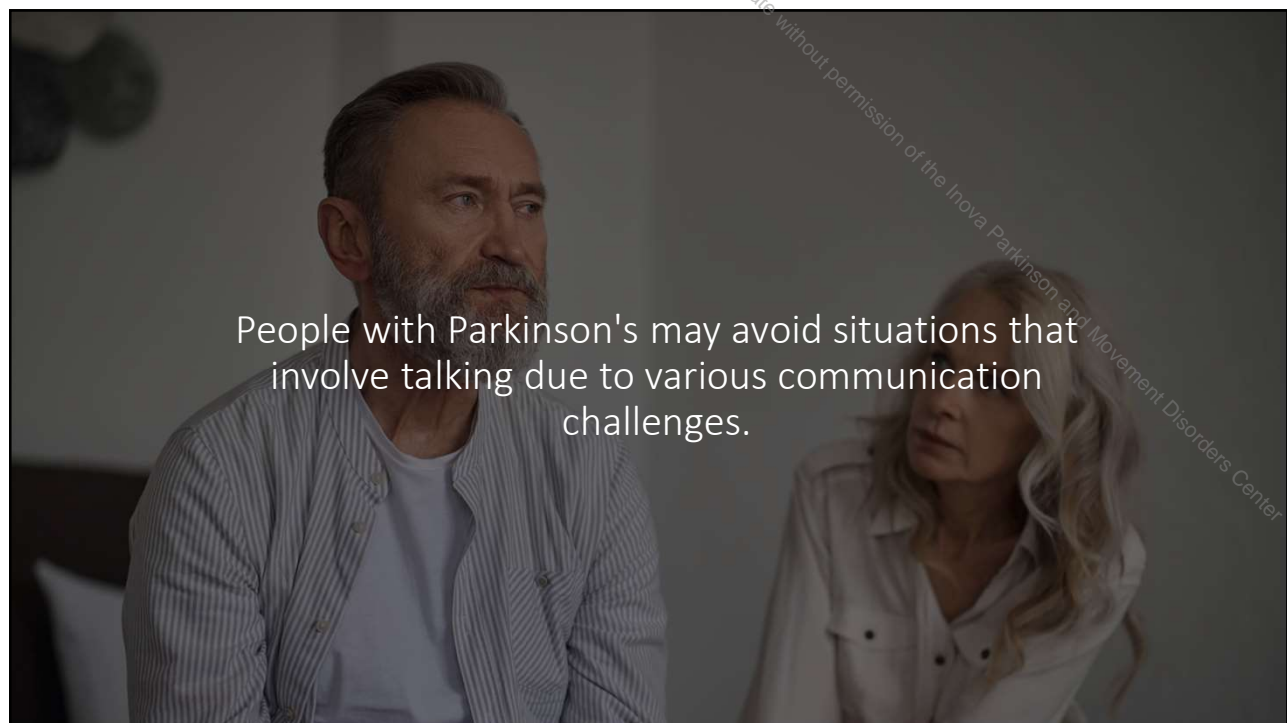




1



2

Today's program



What communication challenges do you experience?



What makes them better or worse?



What approaches are useful?

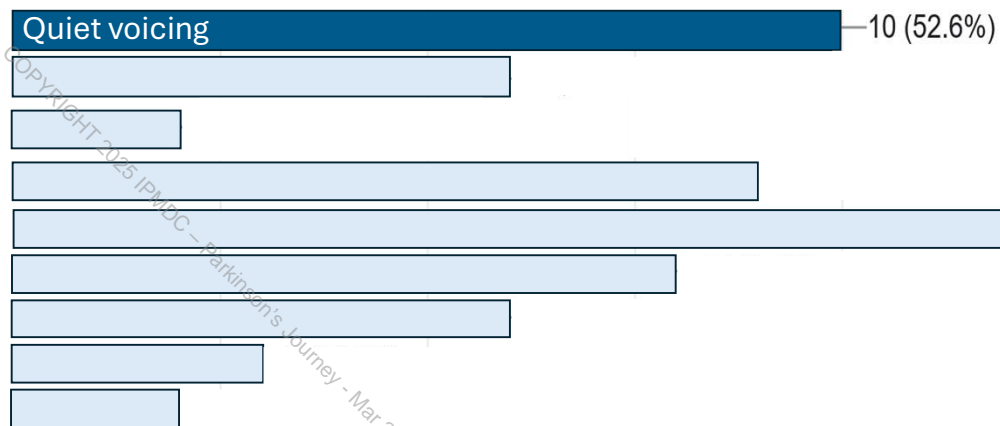
3

1.

What type of communication issues are you experiencing?

4

What type of communication issues are you experiencing?



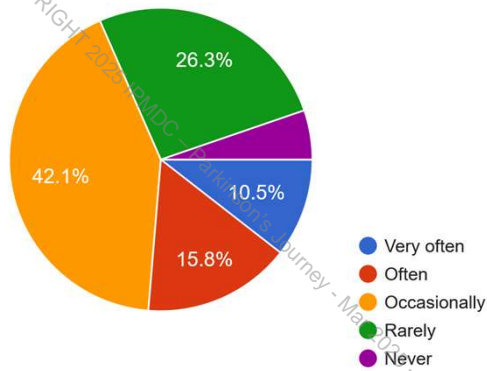
5

voice changes in Parkinson's



6

How often do you experience situations where you think you are communicating normally, but your partner or communication partner is reporting difficulties understanding or hearing you?



“Miscalibration”

Frequent in PD = disconnect between how individuals with PD perceive their own speech and how it actually sounds to others.

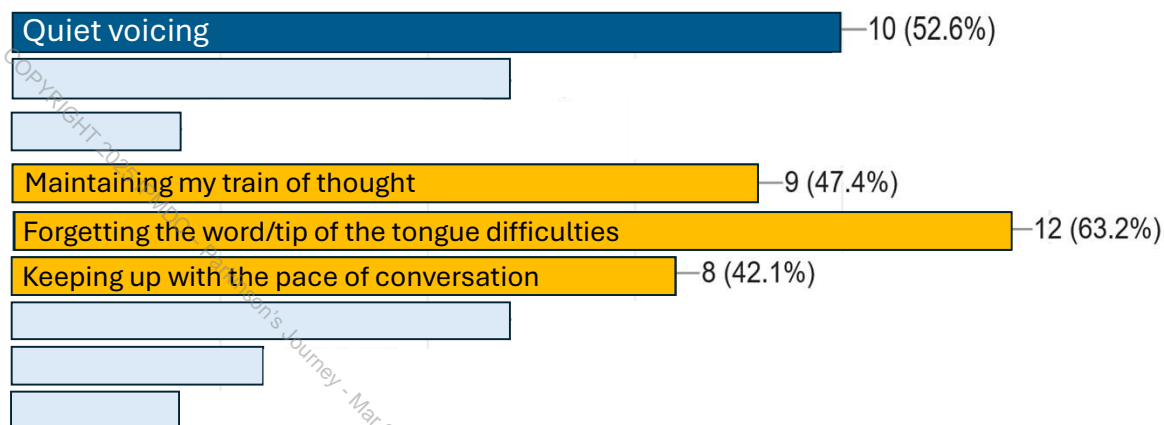
7

Treatment Options

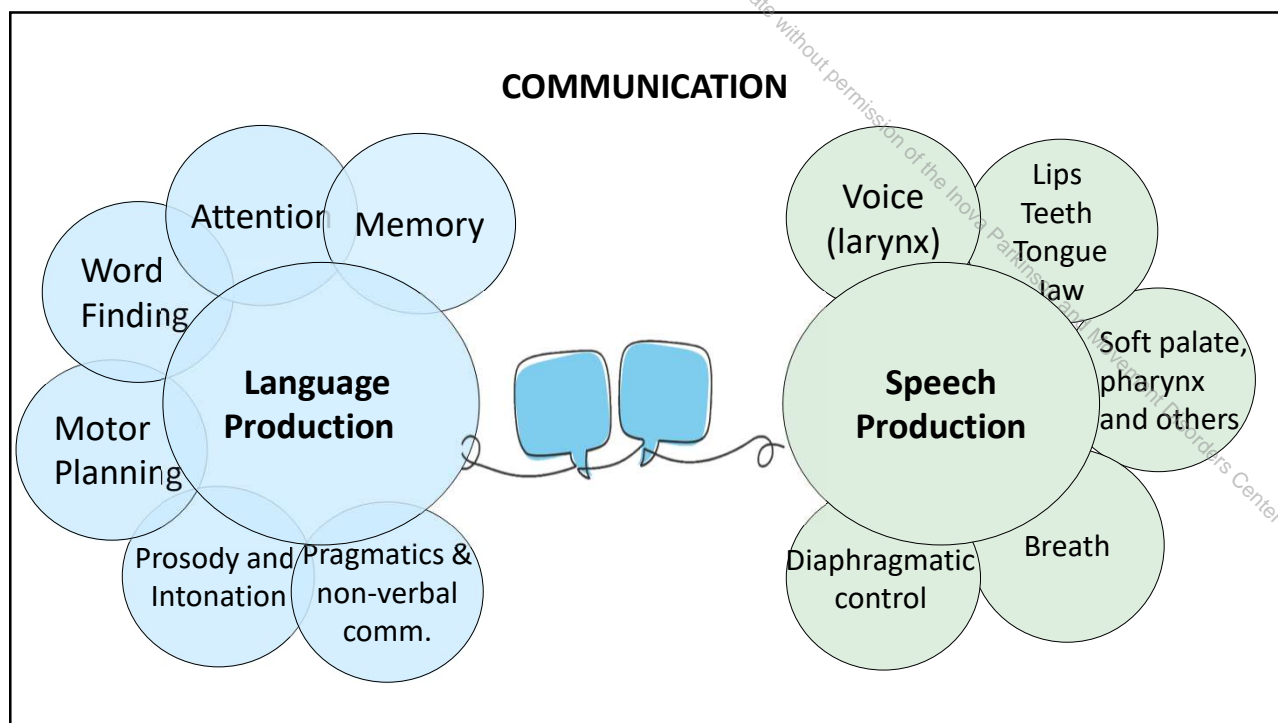
- Speech therapy!
- Maintenance exercise
- Choirs & Community activities
- Technologies

8

What type of communication issues are you experiencing?

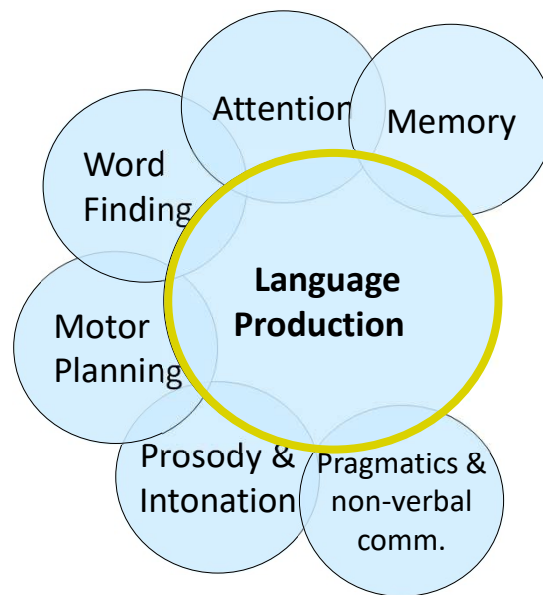


9



10

Aspects influenced by cognition



11

“Maintaining my train of thought”



Daily activities that impact thinking & communication - **Mealtime**

- Delayed response
- Quieter voicing
- Distortions



Daily activities that impact thinking & communication - **Walking**

12

What can you do?

- Enhance attention
 - Incl. blocking distractions
- Manage other factors
 - Sleep
 - Dysautonomia
 - Meds?



13

Addressing cognition through exercise



- Weak evidence for targeted exercise
- Similar weak evidence for brain training apps
- Even less for crossword puzzles, word search



- Dual-task training
- Benefits of traditional interventions

14

Retrieval & word-finding

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

15

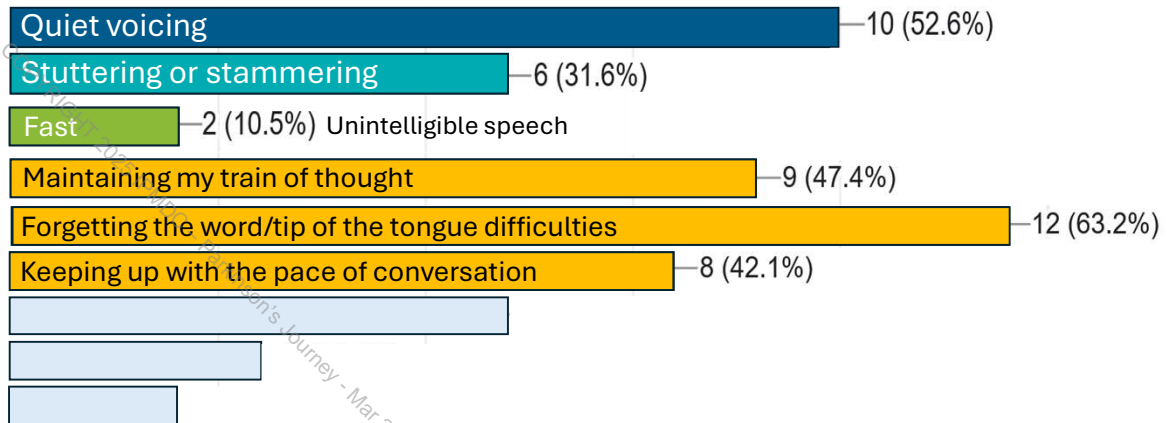
Management tips

Word finding issues

- Talk **around** the missing word (circumlocution)
- “**Crowdsource**” – see if the conversation partner can help identify (e.g. starts with an /s/, etc)
- Leave a “**placeholder**” and come back to it later

16

What type of communication issues are you experiencing?

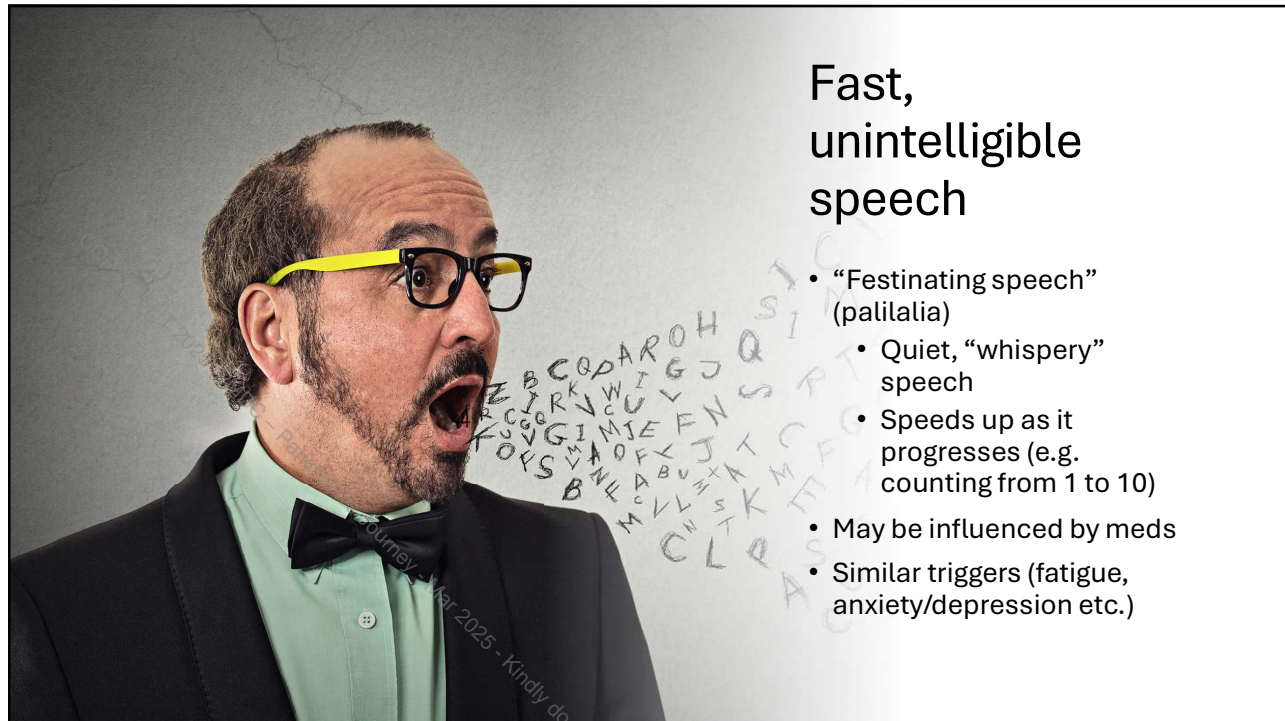


17

Stuttering or stammering

- Not “developmental”
 - Childhood stuttering is a minor risk factor
- Key features
 - More (and longer) pauses
 - Occasional traditional features
- Stress, anxiety, fatigue, & other triggers
- May be related to medication cycle (and sometimes DBS)

18



Fast, unintelligible speech

- “Festinating speech” (palilalia)
 - Quiet, “whispery” speech
 - Speeds up as it progresses (e.g. counting from 1 to 10)
- May be influenced by meds
- Similar triggers (fatigue, anxiety/depression etc.)

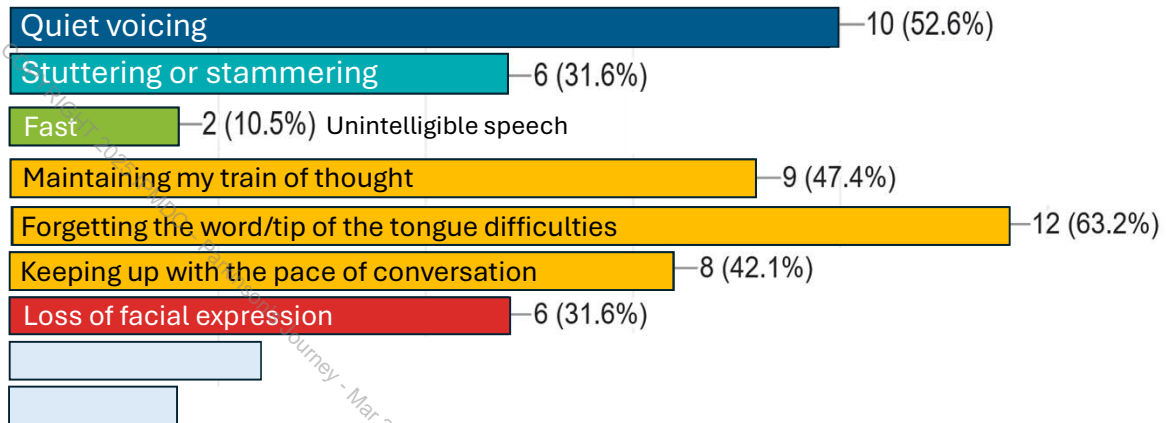
19

Addressing dysfluencies

- Look for **external factors** (recent med or programming changes)
- **Traditional dysfluency approaches** may work
 - Less effective for palilalia
- **Delayed auditory feedback** might be effective for both
- **Communication aids**
 - Low-tech
 - Augmentative and Alternative Communication (AAC)?

20

What type of communication issues are you experiencing?



21

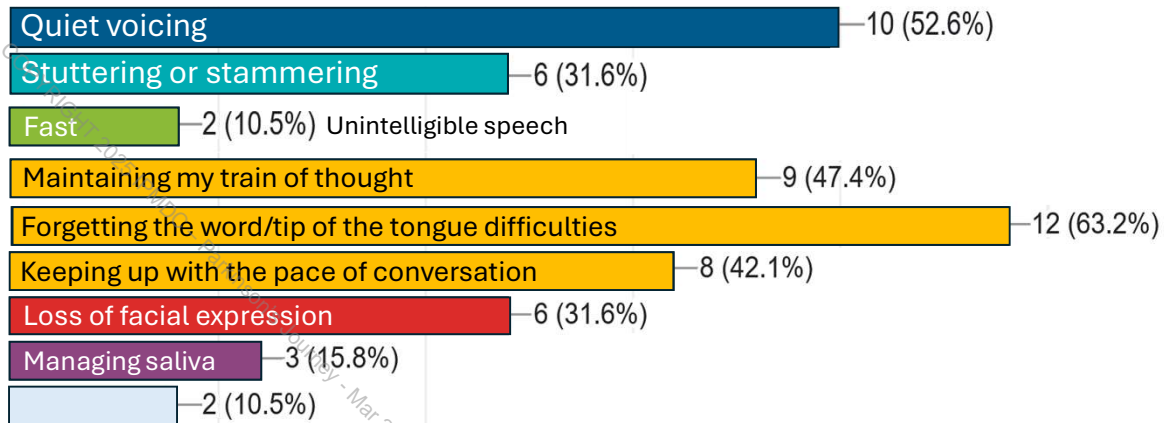
Facial masking



- Cause(s) and poss. influences
- Still weak evidence for interventions
- Training awareness may help (some caution needed)

22

What type of communication issues are you experiencing?



23

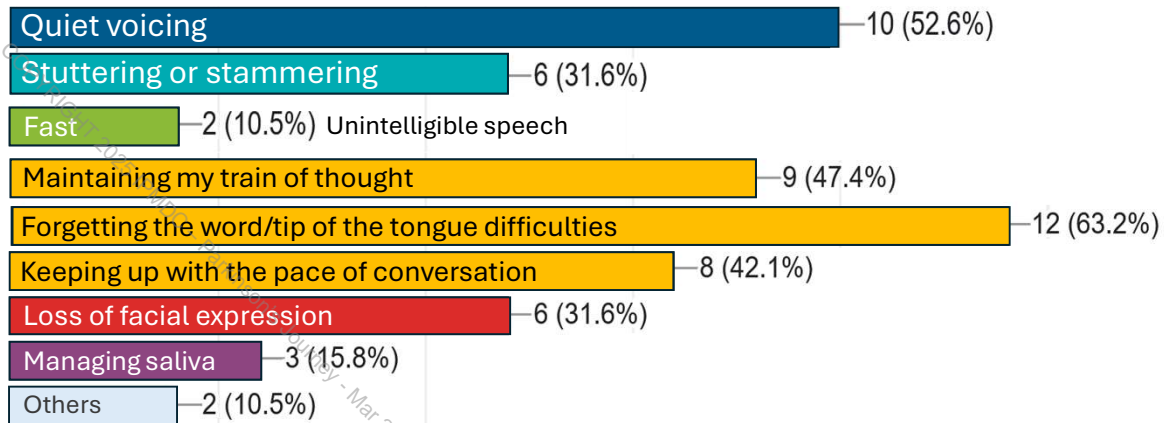
**Droping
(Sialorrhea)**

Issue of attention/awareness

- Less frequent swallowing leads to an accumulation of saliva
- Try to build a habit of swallowing before you speak
- Discuss with your doctor

24

What type of communication issues are you experiencing?



25

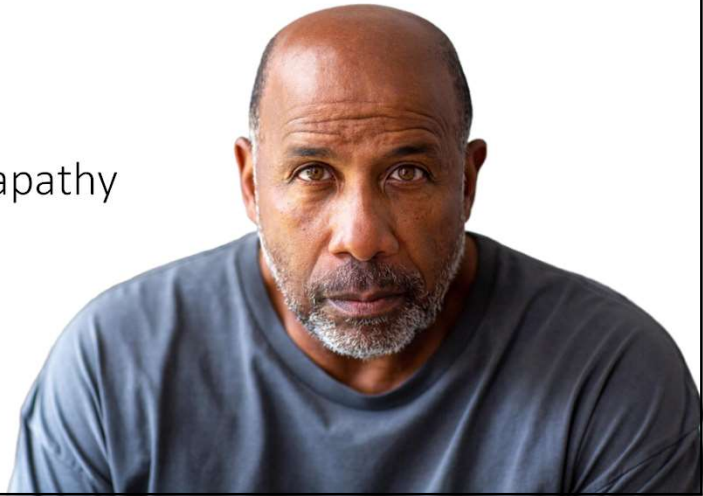
2.

What makes these difficulties better and worse?

26

PD symptoms that can influence communication

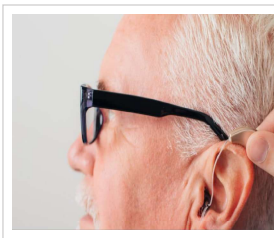
- Rigidity, slowness
- Anxiety, depression, apathy
- Sleep dysfunction
- Balance
- Multitasking



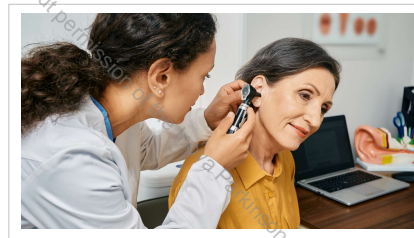
27



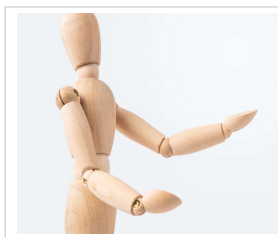
Medication effects



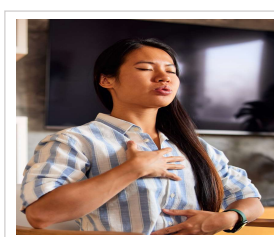
Hearing loss



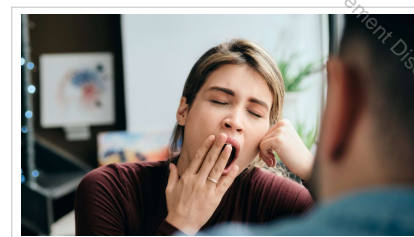
Changes in vision



Posture



Breath support



Fatigue

28

Fatigue impacts thinking & communication

"I think and speak better when I'm sitting."

— Person with balance issues.

"I think and speak better when I'm standing"

— Person with fatigue and sleepiness

29

Do you notice any factors that make it better or worse?

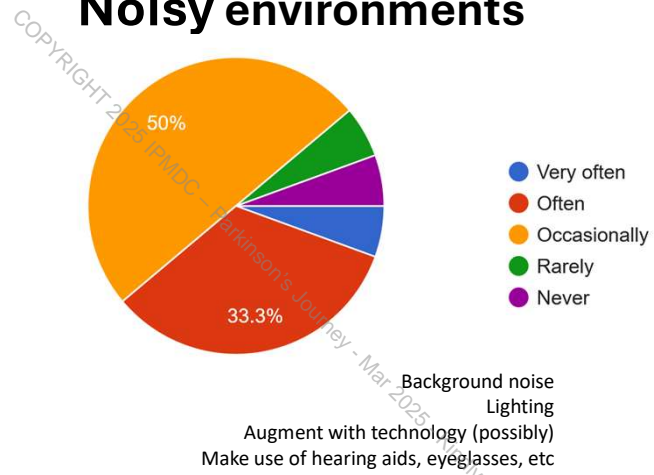
- Lengthy phone conversations are hard on my voice.
- When tired or fatigued.
- I notice difficulties near the end of my medication cycle (57.1%)!
- I believe my DBS (surgery for Parkinson's) has an influence on my communication.
- My voice is better in the morning (42.9%)
- Exercising



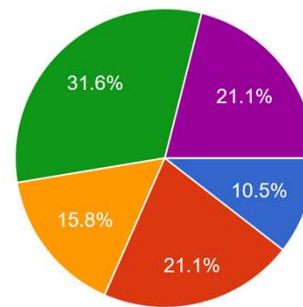
30

What settings and scenarios make it worse?

Noisy environments



When walking



31

3.

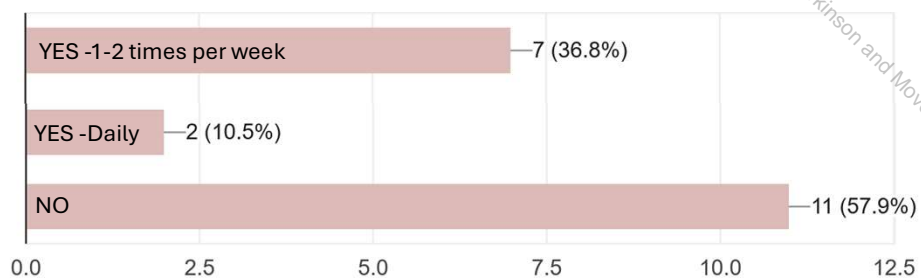
What treatment approaches are useful?

32



33

Do you participate in exercise sessions for communication?



34

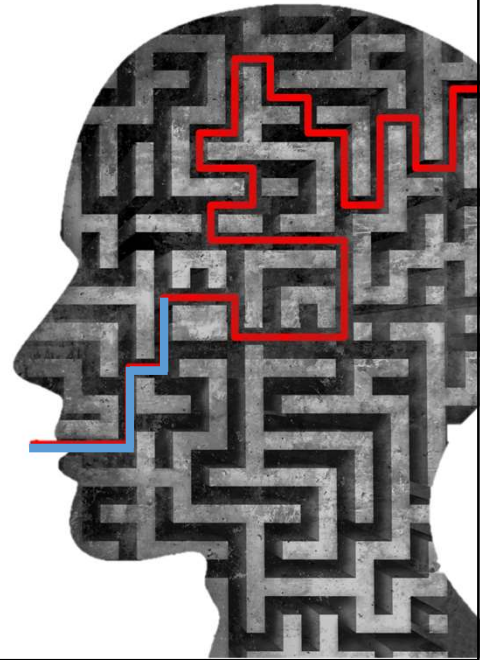
Cognition + Voice

Get a weekly dose of voice strengthening
& cognition training

Tuesdays at Noon EST

Details and registration:

ipmdc.org/voice-speech-communication



35

What (else) do you do to address it?

“Stop and regroup
my thoughts”

“Try to speak more
clearly and loudly.”

“Try to regroup and
focus better”

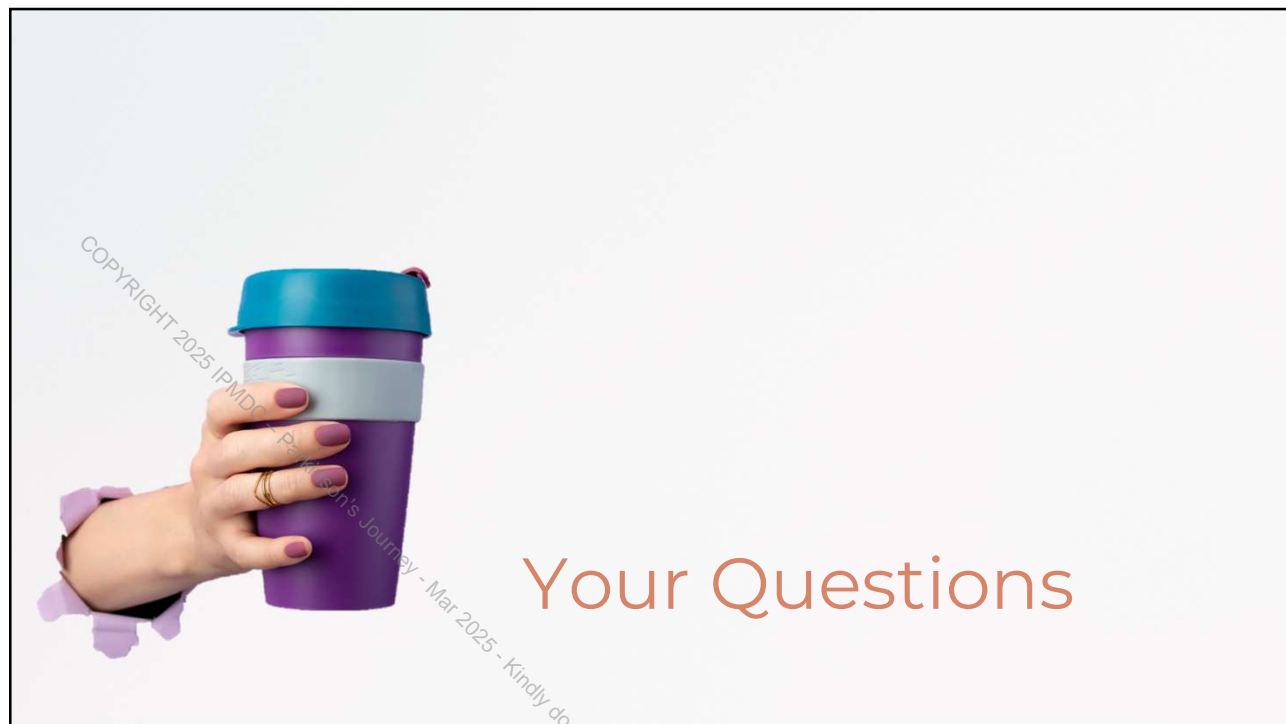
“Pause”

EXERCISE

1. “voice stretch
exercises”
2. Speech/comm.
classes
3. Choir

Results from your questionnaires

36



Your Questions

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**LIVE
IN-PERSON
BOOST CAMP**

<https://rebrand.ly/BoostCamp>





BOOSTCAMP

In-person
Sat. April 26, 2025

Inova Center for Personalized Health (ICPH)
Conference Center | 8100 Innovation Park Drive
(2nd floor), Fairfax, VA 22031

- Creating new Parkinson's Home Exercises - Let's build it together!
- Cognitive-Motor-Voice Gamified Activities
- Lunch & Social Hour - Connect, share, and recharge!
- Overcoming narrow walking in Parkinson's - helpful tips & discussions.
- ...

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Inova™

Parkinson's and Movement Disorders Center

2025

Spring Conference

For patients, families, and friends

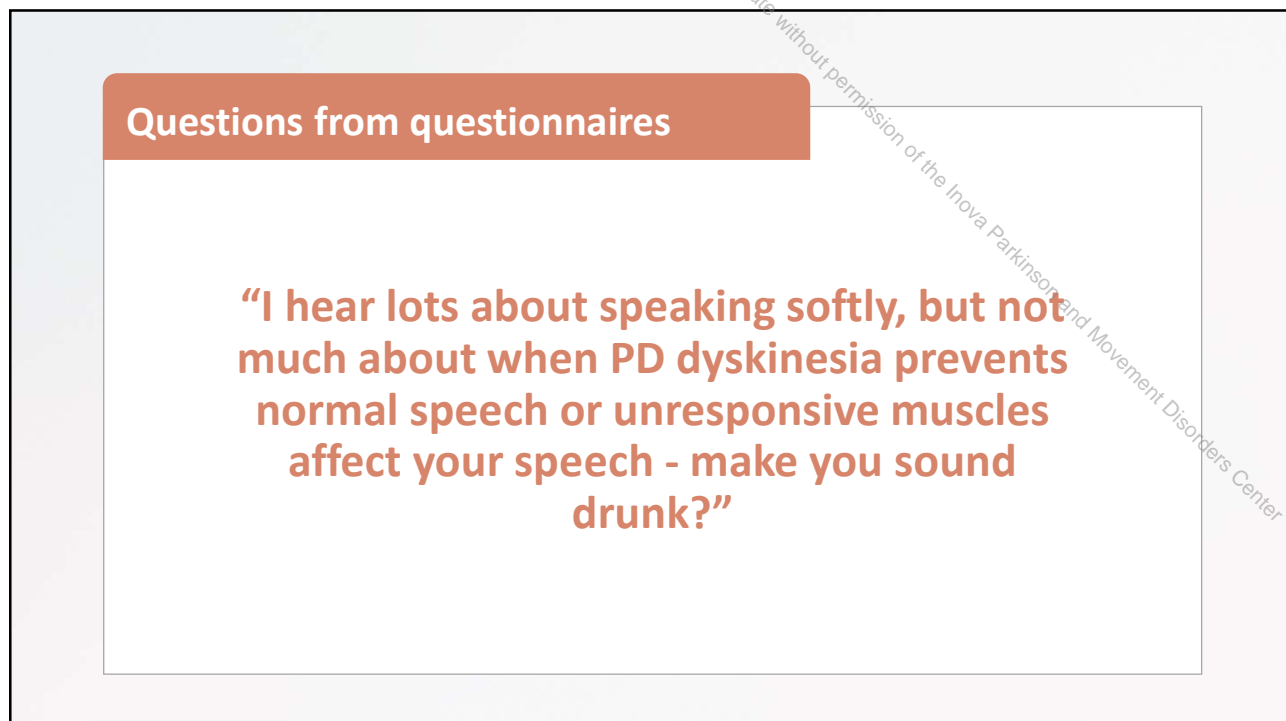
Inova Conference Center, 2nd floor
8100 Innovation Park Drive
Fairfax, VA 22037

**Saturday,
March 29, 2025**

<https://ipmdc.org/spring2025/>

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Questions from questionnaires

“I hear lots about speaking softly, but not much about when PD dyskinesia prevents normal speech or unresponsive muscles affect your speech - make you sound drunk?”

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40

Questions from questionnaires

When anxious, I do forget my word more often.

41

Questions from questionnaires

“What are communication problems in later stages of Parkinsonism?”.

42