

SPEAK OUT!® Speech Therapy Program



Do you or someone you care for have Parkinson's Disease? You may have noticed changes in your voice and swallowing. Maybe people are asking you to repeat yourself or 'speak up' more than usual.

90% of people with Parkinson's Disease are at risk of developing a weak voice as well as swallowing and speech difficulties.

SPEAK OUT!® is a results-driven speech therapy program developed by the Parkinson's Voice Project that can help. Research has shown this therapy approach is effective in helping individuals with Parkinson's Disease to strengthen and maintain their voices, minimize swallowing problems, and even improve quality of life!

Are you experiencing any of these symptoms since being diagnosed with Parkinson's?

- Talking quieter than usual
- Speaking more quickly and harder to understand
- Frequently coughing or taking longer to eat meals
- Getting tired or breathless when talking
- Not finishing meals due to fatigue or difficulty swallowing/chewing
- Needing to clear throat often during meals
- Feeling like your voice "runs out" or fades by the end of a sentence

If so, SPEAK OUT!® may be beneficial for you.

What is involved

Below is a brief overview of what to expect during your block of SPEAK OUT!® speech therapy.



- 1 Before you start the SPEAK OUT!® program, you will complete a Speech Pathology assessment session with your clinician. This includes a detailed evaluation of voice, speech, language, and swallowing. Each of these areas can be impacted by Parkinson's Disease.
- 2 The program will be delivered in 3 sessions per week for a period of 4 weeks. This evidence-based treatment intensity is essential to provide you with the best possible outcomes. You will also need to participate in 10-15 minutes of daily home practice to maximise results.
- 3 The program combines evidence-based exercises from this evaluation that target voice, speech, and cognitive changes commonly experienced by individuals with Parkinson's Disease. Evidence shows that SPEAK OUT will strengthen the muscles used for speaking and swallowing, improve vocal quality, and support clear and confident communication.

If you think the SPEAK OUT!® program will be beneficial for you, please don't hesitate to reach out to our friendly team at our clinic in Burpengary East. See contact details below.

Have questions? Get in touch today.
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