



Speech and Swallowing Screening

- Do people ask you to repeat?
- Does your voice sound hoarse, scratchy, or breathy?
- Does your family say you speak too softly?
- Do you clear your throat often?
- Is your voice strong on some days, weak on others?
- Do you cough when you eat or drink?

Find a SPEAK OUT!® Provider:
ParkinsonVoiceProject.org
469-375-6500



PARKINSON VOICE PROJECT

A 501(c)(3) Nonprofit Organization

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ParkinsonVoiceProject.org



Do you know
someone with
Parkinson's?

THE PROBLEM

Nine out of ten people with Parkinson's are at risk of developing a weak voice that can lead to serious speech and swallowing issues.

THE SOLUTION

Parkinson Voice Project has developed an effective program that combines education, individual speech therapy (SPEAK OUT!®), and group speech therapy (The LOUD Crowd®). This nonprofit runs a Parkinson's-specific clinic and also trains speech-language pathologists in an effort to replicate its program across the globe.



PARKINSON VOICE PROJECT'S THERAPY PROGRAM



PARKINSON'S INFORMATION SESSION

The speech therapy program begins by educating patients and families by having them attend a *Parkinson's Information Session*.

It is essential for all involved to understand basic information about Parkinson's and how speech and swallowing can be affected. The session explains how using *intention* can improve one's communication, as well as other motor movements, such as walking and writing.

An online version of the Parkinson's Information Session is available at ParkinsonVoiceProject.org.



SPEAK OUT!®

The next step in the program is *SPEAK OUT!®*, which typically consists of twelve individual speech therapy sessions. Together, the patient and speech-language pathologist complete speech, voice, and cognitive exercises using a specialized workbook that Parkinson Voice Project provides to every *SPEAK OUT!®* patient in the U.S.

The program emphasizes *speaking with intent* and converts speech from an automatic function to an intentional act. Upon completion of *SPEAK OUT!®*, patients transition to The LOUD Crowd®.



THE LOUD CROWD®

Due to the progressive nature of Parkinson's, daily home practice and ongoing follow-up is necessary.

The LOUD Crowd® consists of weekly group sessions where *SPEAK OUT!®* exercises are performed and participants practice *speaking with intent*. The LOUD Crowd® provides accountability, camaraderie, education, and support.