

Parkinson Voice Project Therapy Program

Could Parkinson's be affecting your speech and swallowing?

- 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?

If you answered "yes" to any of these questions, you might benefit from SPEAK OUT!®

SPEAK OUT!® is a highly effective speech therapy program developed by Parkinson Voice Project. After receiving SPEAK OUT!, we welcome any graduate in the community to join our LOUD Crowd® exercise group.

When we speak with intent or deliberation, we are using a system in the brain that is less dependent than dopamine. This is why people with Parkinson's *can* improve their speaking abilities. As patients go through SPEAK OUT!, they not only learn to "speak with intent," but they also learn to "live with intent."

Parkinson's Disease Speech Program: The LOUD Crowd®

Meets Wednesdays at 12 p.m. at Lifetime Care

This group speech exercise class is for graduates of the SPEAK OUT! speech therapy program. The group is led by a Speech-Language Pathologist who is trained in SPEAK OUT! and Parkinson's Disease management. Participants will be able to carry over skills learned in speech therapy in a supportive group environment. The group setting allows for more opportunity for natural speech tasks and facilitation of greater insight. We encourage participants to build relationships and exchange support with others living with this illness while maximizing and preserving their communication. For more information, please call (585) 475-8800. No pre-registration required.

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