Speaking and Swallowing with INTENT!

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What is SPEAK OUT! Therapy?

The SPEAK OUT!® Therapy Program, developed by the nonprofit organization, PARKINSON VOICE PROJECT®, helps people with Parkinson's and related disorders REGAIN and RETAIN their speech and swallowing. The program, if followed properly according to the exercises set out in the SPEAK OUT!® Therapy Program, can improve volume, articulation, breath support for speech, vocal quality, intonation, and facial expression. Patients and families also report reduced drooling and improved swallowing. This highly effective, research-based treatment combines education, individual SPEAK OUT!® Therapy, SPEAK OUT!® Classes, daily home practice, and continuous follow-ups. Once patients enter the program, they remain in it for life.

What is Parkinson’s Disease?

PD is a neurodegenerative disorder that affects the dopamine producing neurons in the substantia nigra (part of the basal ganglia).

Characteristics of Parkinson's Disease

- Resting Tremor
- Slowness of movement- Bradykinesia
- Impaired balance, postural instability, coordination
- Rigidity (stiffness)

Motor Pathways

- Pyramidal- Purposeful, intentional (learning how to do something)
- Extrapyramidal- Automatic movements and typically done without effort

  Stick shift versus automatic transmission

Dysphagia- difficulty swallowing

- coughing while eating
- throat clearing
- food sticking
- drooling
- prolonged meals
- weight loss
- recurrent pneumonia
- pills getting stuck

Why swallowing matters

- nutrition
- hydration
- pneumonia prevention
- quality of life

Safe Swallow Strategies

- Sit upright
- Take small bites
- Small sips
- Avoid talking while chewing
- Eat slowly
- Finish one bite before another
- Stay upright after meals
- Maintain good oral hygiene
- Squeeze harder
- Swallow faster
- Medication administration

When to see an SLP

- softer voice
- communication frustration
- coughing during meals
- choking episodes
- weight loss
- recurrent pneumonia
- drooling
- increased effort eating

Changes in speech

- Softer voice
- Mumbled speech
- Reduced facial expression
- Monotone speech
- Faster rate of speech
- Difficulty being understood

What do we mean by intent?

- Focus
- Concentrate
- Be Purposeful
- Be Mindful
- Take Control of Your Speech
- Conscious Effort
- Say It Like You Mean It
- Be Deliberate
- Be Confident
- Use Conviction

Sample of SPEAK OUT!

Warm-Up Exercise Recite May--Me--My--Moe--Moo - smooth and connected. Lift your voice and project it forward. Repeat five times for home practice and therapy sessions. Ah Exercise Say “ah” with a good quality voice for a maximum of 10 seconds. Lift your voice and project it forward. Repeat five times for home practice and 10 times in therapy sessions. Glide Exercise Produce a steady “ah.” Glide UP. Stop. Produce a steady “ah.” Glide DOWN. Stop. Repeat five times for home practice and 10 times in therapy sessions. Counting Exercise Recite these numbers three times - smooth and connected. Lift your voice and project it forward. 1 2 3 STOP 4 5 6 STOP 7 8 9 STOP

Have fun with it!

- "You've always been my favorite daughter!"
- "Let's have dessert for breakfast."
- "Where did you hide the remote?"
- "After all these years, nothing changes!"
- "Dinner smells amazing!"
- "You are always right!"
- "You look fabulous today!"
- "I'm in charge today!"
- "I practiced my SPEAK OUT! Exercises with the dog already!"
- "No, I don't need directions!"
- "I was right again!"

Conversation

- What is your favorite dessert?
- If you won a million dollars, what is the first thing you'd buy?
- If you could have lunch with anyone living or dead, who would it be?
- Who taught you how to drive?

Other Tips

- Bring an updated list of medications to appointments
- Know the medication schedule, not just the names
- Ask if SLP should be consulted if you feel swallowing has changed
- If hospitalized, ask the care team how and when PD medications will be administered if the person is NPO
- Keep a list of questions, you are part of the healthcare team

How can communication partners help?

- Face the speaker
- Reduce background noise
- Allow extra time
- Ask for repetition when needed
- Encourage use of "intent"

Caregivers

Thank you for being partners, coaches, advocates, chauffeur, cheerleaders, medication experts, appointment coordinators, chefs, and sometimes mind readers. What you do every day makes a tremendous difference!

Go Forth With Intent!

- Speak with INTENT!
- Swallow with INTENT!
- Practice with INTENT!
- Walk with INTENT!