

Speech and Swallowing in Parkinson's Disease



What it is

As many as 50-90% of individuals with Parkinson's Disease will develop speech and voice disorders (i.e. 'dysarthria' and 'dysphonia'). It is common for a person with Parkinson's to speak too softly and quickly, to the point where other people can't understand. Speech pathologists can help with this, as well as helping you to overcome any swallowing difficulties (i.e. 'dysphagia').

What the research says

Speech pathology services should start soon after your diagnosis. Speech pathology services can help a person with Parkinson's to improve their speech clarity, confidence, facial expression, and swallowing safety. The best treatment outcomes are achieved in the early or middle stages of Parkinson's. After therapy, improvements can be maintained for up to 2 years.

What we do: LSVT Loud

One treatment Wollongong Speech Pathology offers is called LSVT LOUD®. It is an intensive treatment: you attend 16 sessions in 4 weeks as well as doing daily home practice. We will train you to use your voice at a more normal loudness level. You can find out more at <https://www.lsvtglobal.com/>.

We always begin with an assessment, to find out your strengths, concerns, and goals. This will help us to decide if LSVT LOUD® is right for you.

Contact us if you want to know more

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