

Enhancing Communication
Sue Decker, Speech Language Pathologist
Parkinson Society British Columbia
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Communication is Connection!

Parkinson's and Communication

How is it like mobility?

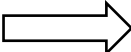
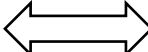
1. Motor symptoms are similar: rigidity, slowness, incoordination
 - speech symptoms: soft or quiet voice, slurred sounds, monotone, trouble starting a sentence, stuttering, speeding up or trailing off, reduced facial expression
2. Use it or lose it: prevention of disability and timing of care
3. Therapy and learning strategies can help

How is it different from mobility?

1. auditory feedback issues: 'you're softer than you think'
2. speech and communication symptoms minimally improved by medication
3. word-finding and language processing issues: reduced working memory
4. two-way street: communication requires two people, support and strategies for communication partners is part of therapy

Comprehensive Communication Program: ATM

Main objective: Maintain social connections and participation in conversations

Awareness  Therapy  Maintenance



Comprehensive Communication Program

Awareness and Prevention: 'Communication 101'

Objectives: Increase awareness of speech, voice, and communication issues; learn and establish daily communication care

- Individual assessment
- Individual/group education including communication partners
- Refer for further services as needed

Speech/Language Therapy

- Conversation strategy training

Objectives: learn and use strategies to compensate for language and cognitive communication issues

- Speech and voice treatments:

Objectives: increase speaking loudness and intelligibility, improve participation in conversations

Lee Silverman Voice Treatment (LSVT Loud)

- 16 sessions/1 month
- daily practice and high effort: 'Think Loud'
- 're-calibration'

Speak Out! (Parkinson Voice Project)

- 12 sessions
- speech, voice and cognition exercises
- 'Speak with Intent'

Maintenance and Monitoring

Objectives: maintain connections, adapt to changing needs

- Daily communication care
- Groups: peer support/SLP support
- Therapy refresher
- SLP follow-up

Websites

<https://www.lsvtglobal.com/patient-resources/what-is-lsvt-loud>

<https://www.parkinsonvoiceproject.org/>