

Speak and Live with Intent!

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Thank you for having me today!

- Fifth-year speech-language pathologist
- Trained in SPEAK OUT!® developed by Parkinson Voice Project
- Born and raised in Sacramento, living in Santa Rosa with my fiancée, rabbit, and puppy
- Enjoying life aside from the recent Super Bowl final score



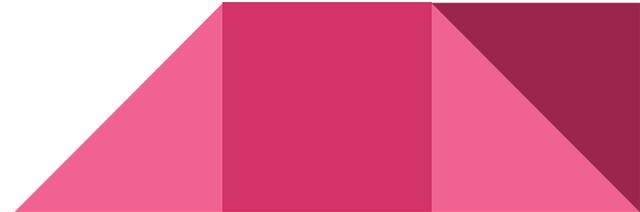
Parkinson Voice Project

- PVD is a non profit organization solely dedicated people with Parkinson's Disease and similar movement disorders and in helping them preserve their voices and regain and retain their speech and their swallowing
- PVD trains SLPs around the world to replicate their SPEAK OUT! Program



Lee Silverman Voice Treatment (LSVT LOUD)

- LSVT LOUD (speech therapy)
- LSVT BIG (physical and/or occupational therapy)



“Why do you care about speaking with intent?”

Because you have something to say!







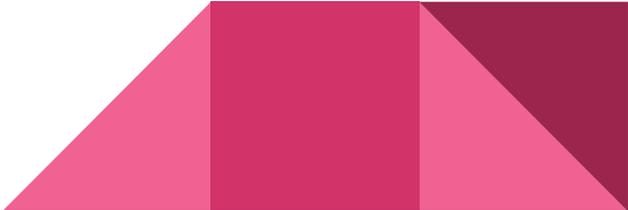




Where does all the research about intent come from?

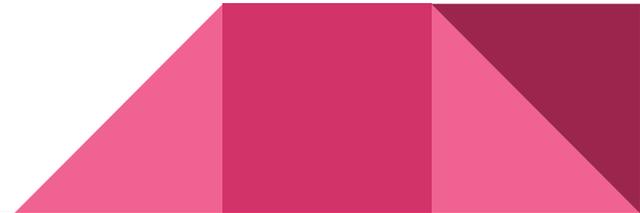
Dr. Daniel R Boone recognized in the 1950s that people with Parkinson's could improve their communication by "speaking with intent."

The complexity of speech production requires coordination of respiration, phonation, and articulation. The movement disturbances with PD commonly present with reduced movement amplitude (hypokinesia) and slow movements (bradykinesia). With speech, the reduction of movement amplitude often results in hypokinetic dysarthria. 90% of individuals with PD experience difficulties in speech due to reduced vocal intensity (perceived as "loudness"), breathy voice quality, limited vocal pitch, and unclear articulation.



Most Common Speech Issues

- Hoarseness
- Monotone
- Mumbled speech
- Soft voice



MOOSE

Move your lips

Open your mouth

Over-exaggerate

Slow down

Elongate your vowels



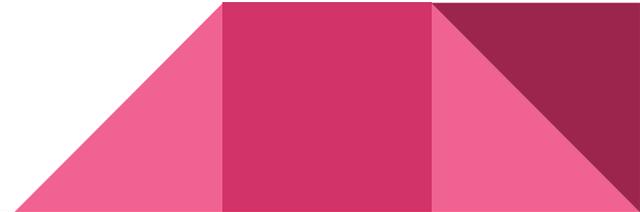
What do more traditional routes of therapy look like?

- 40-minute therapy sessions
 - When a participant shows improvement in two or more of the following when using INTENT: breath support, volume, vocal quality, articulation, or intonation of speech
 - Participant has the capability to complete daily home exercises independently or has appropriate support systems to assist
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The top right corner of the slide features a decorative arrangement of overlapping geometric shapes. These include a light pink triangle pointing down and to the right, a darker pink triangle pointing up and to the right, and a dark pink square. The background of the entire slide is a solid, vibrant pink color.

Six Components of SPEAK OUT!

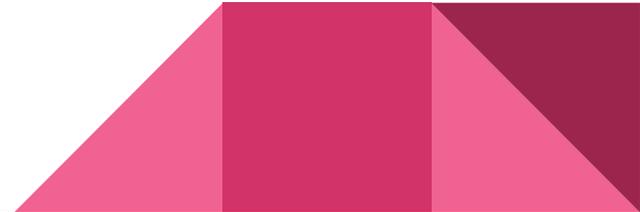
- Warm-ups
- Ahs
- Glides
- Number Sequences
- Reading aloud
- Cognitive exercises



**What does it mean to you to speak and
live with intent?**

Online Practice

<https://parkinsonvoiceproject.org/program/online-practice/>



Seeking Speech Therapy

- LSVT and SPEAK OUT! Voice and Communication Group. For further information or to enroll, contact Barbara Corinbilt, speech pathologist
 - Providence Santa Rosa Memorial Hospital Outpatient Neurological Rehabilitation
 - Home health (doctor's order, typically paid for by insurance, usually requires that someone meets homebound criteria as defined by Medicare standards)
 - Anywhere else? :)
- 

Some of life's greatest joys are connections we make with other people: through conversation, quality time, food and more.



The background is a solid pink color. In the top right corner, there is a decorative graphic consisting of several overlapping triangles and squares in various shades of pink and magenta, creating a geometric pattern.

Questions?

About Parkinson Voice Project

Parkinson Voice Project is a 501(c)(3) nonprofit organization solely dedicated to improving speech and communication in individuals with Parkinson's. The organization is headquartered in Richardson, Texas and has trained more than 10,000 clinicians in more than 40 countries, including Australia, Brazil, Canada, Ethiopia, India, Israel, South Korea, Lebanon, Malaysia, New Zealand, Pakistan, Philippines, South Africa, the United Arab Emirates, and the United Kingdom. For information, visit: <https://www.ParkinsonVoiceProject.org>



References

- <https://www.lsvtglobal.com/LSVTLoud#improveCommunicationSection>
- www.parkinsonvoiceproject.org
- Fant G. Acoustic theory of speech production. Mouton, The Hague, 1960.
- Duffy JR. Motor speech disorders: Substrates, differential diagnosis, and management. 3rd ed. St. Louis MO: Elsevier Mosby; 2013

