



Do you know someone with **Parkinson's**?

Contact:
julia.lidgard@health.utah.edu

801-585-6215

SPEAK OUT!® Therapy Program

The SPEAK OUT! Therapy Program, developed by **Parkinson Voice Project**, can improve volume, articulation, breath support for speech, vocal quality, intonation, and facial expression. Patients and families also report reduced drooling and improved swallowing. The key to regaining and retaining speech and swallowing in Parkinson's is outlined in the "Circle of INTENT."



1. SPEAK OUT! Evaluation

An evaluation is conducted by a Certified SPEAK OUT! Provider. This is a speech-language pathologist who has completed specialized training.

2. SPEAK OUT! Booklet & Flashcards

Parkinson Voice Project provides a digital SPEAK OUT! Booklet and Flashcards to every patient enrolled in the SPEAK OUT! Therapy Program.

3. What is Parkinson's? Video

Patients, families, and close friends watch this video to learn about Parkinson's and to understand why "INTENT" is an important key to managing this disease.

4. Individual SPEAK OUT! Therapy

Patients and families work individually with a Certified SPEAK OUT! Provider to learn the SPEAK OUT! Exercises and establish a consistent home practice routine.

5. SPEAK OUT! Therapy Groups

After individual SPEAK OUT! Therapy, patients transition to a SPEAK OUT! Therapy Group for ongoing speech practice, education, and support.

6. SPEAK OUT! Refreshers

Patients and families meet with their Certified SPEAK OUT! Provider every 3-6 months for a re-evaluation.

7. Daily SPEAK OUT! Home Practice

Patients complete daily exercises using the SPEAK OUT! Booklet, Flashcards, and Parkinson Voice Project's Online Home Practice Sessions.

Parkinson's Speech & Swallowing Problems

Nine out of ten people with Parkinson's develop a weak voice with soft speech that can lead to life-threatening swallowing complications.



Online Speech Practice, Singing, and Education!

SPEAK OUT!
Home Practice Sessions

Speak with INTENT.

Parkinson's Sing-Alongs
Sing with INTENT.

What is Parkinson's? Video
Learn with INTENT.

About Parkinson Voice Project®

The **SPEAK OUT! Therapy Program** was developed by Parkinson Voice Project, a nonprofit organization, helping people with Parkinson's and related disorders regain and retain their speech and swallowing.

The organization operates a speech therapy clinic in Texas and is replicating its program across the United States and abroad to help patients worldwide.



ParkinsonVoiceProject.org

Speech & Swallowing Questionnaire

- ☐ Do people ask you to repeat yourself?
- ☐ Does your voice sound hoarse, scratchy, or breathy?
- ☐ Does it **feel** like you're speaking loudly enough, but others say you're not?
- ☐ Do you trail off at the end of your sentences?
- ☐ Do you clear your throat often?
- ☐ Does your voice sound strong on some days, but weak on others?
- ☐ Do you have difficulty managing your saliva?
- ☐ Do you cough when you eat or drink?
- ☐ Do food or pills feel like they get "stuck" sometimes?

If you answered "yes" to any of these questions, schedule a SPEAK OUT! Evaluation.

Virginia residents may contact the University of Utah providers for virtual visits from your home.
julia.lidgard@health.utah.edu
801-585-6215