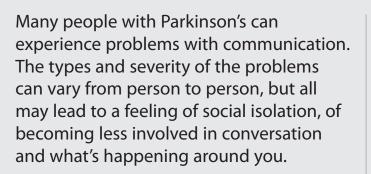
Speech and Language Therapy Department

Communication and Parkinson's



Parkinson's can affect:

- 1. Non-verbal communication problems can include:
 - facial expression can become reduced and in some cases almost mask like
 - body language can be affected by slowness or stiffness of movements, or tremor
- 2. Verbal communication problems can include:
 - having a weak or fading voice and not being able to speak loudly
 - having a hoarse or shaky voice
 - speaking too quickly, or speaking with changing speeds – for example, speaking slowly then with a fast rush of speech
 - speech sounding monotonous, with no variation in pitch or loudness
 - difficulty coordinating breathing and speech
 - running out of breath in conversation

- difficulty starting to speak
- taking a long time to respond
- hesitating or stumbling over words
- slurred speech sounds
- problems finding the right word

What can you do to help?

- To maximise your communication, try some of the following:
 - 1. Speak using a **loud** voice. You need to be louder than you think. Imagine you are projecting your voice to the back of the room.
 - 2. Try not to compete with background noise.
 - turn off the TV or radio
 - move away from the noise
 - in a group, ask people to speak one at a time
 - 3. Make sure you are facing the person you are speaking to.
 - make eye-contact
 - make sure you are in the same room, don't try to shout through to another room
 - 4. Think about what you are going to say before you start to speak.
 - 5. Try to use short sentences and stress key words.

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- 6. Talk slowly.
- 7. Try to remain calm and relaxed. It may help to take a deep breath before you start to speak.
- 8. If people don't understand what you have said, try repeating it in a different way
 - more loudly and more slowly
 - exaggerate your speech sounds
 - try rephrasing what you said
- Remember that your facial expression may be giving a different message to the one you are saying. Try to consciously use facial expression.

- Increase your awareness of your speech and non-verbal communication
 - try out your loud voice and ask people what they think of it
 - think about tape recording some of your speech and listening back to it
 - watch yourself in a mirror as you speak
 - try out different expressions in front of a mirror – for example, happy, sad, surprised or angry

Speech and Language Therapist:

Telephone number:

Notes	
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