

# Importance of Speech Therapy

89% of people living with Parkinson's Disease experience speech, voice, and swallowing disorders. This can include:

- soft, monotone, breathy voice
- uncertain articulation,
- hoarse voice
- difficulty swallowing
- frequent choking
- gurgly voice
- drooling

## **What Can a Speech Pathologist Do?**

- help with finding and using a loud and clear voice
- help with displaying emotions using facial cues
- help with word-finding abilities
- help with comprehension and memory
- help with swallowing and eating
- provide oral exercises to assist with speech, voice, and swallowing

## Benefits of Speech Therapy

- regain control of voice clarity and volume
- improve the ability to communicate with family and friends
- increase the ability to express emotions
- learn exercises to keep mouth, throat, and vocal muscles strong and engaged
- learn strategies for swallowing to prevent choking and aspiration of food and/or drinks as well as decrease drooling

## How to Find a Speech and Language Pathologist

- Visit the LSVT Global website to find a professional in your area who is familiar with Parkinson's Disease at the following URL:

<https://www.lsvtglobal.com/LSVTFindClinicians>