

SPEAKING WITH INTENT

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Founder & CEO
Parkinson Voice Project



MSA NJ March 2022
Webinar Series



Common Speech Characteristics

Parkinson's Disease

- Lower volume
- Raspy vocal quality
- Trailing off
- Monotone
- Inconsistent production of voice

Multiple System Atrophy

- Lower volume
- Raspy/harsh vocal quality
- Trailing off
- Monotone
- Inconsistent production of voice
- Slurring of speech
- Slower speech rate

Production of **speech** is
a highly automatic behavior.



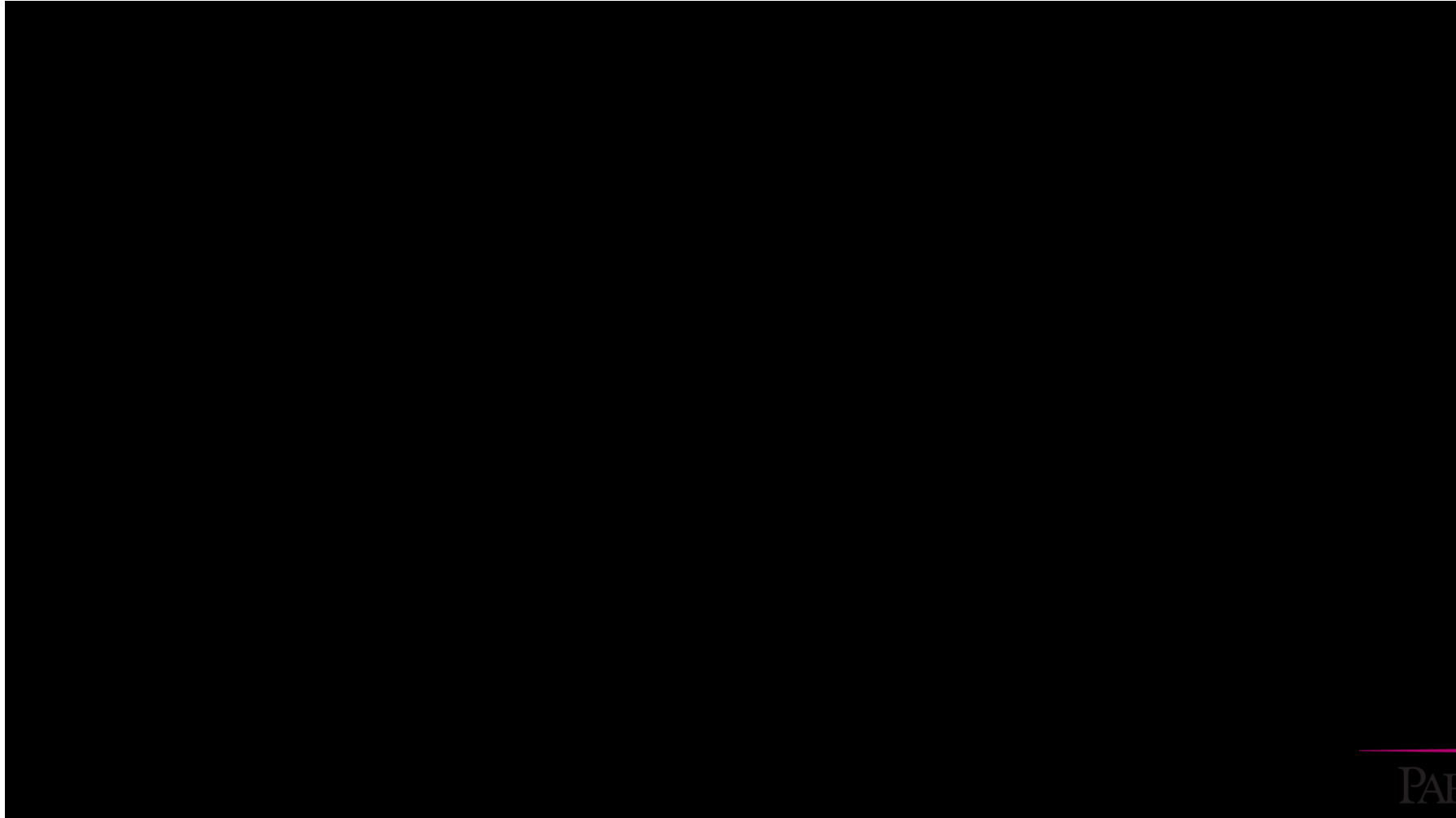
Parkinson Voice Project's SPEAK OUT! program teaches individuals with Parkinson's how to **convert speech from an automatic function to an intentional act.**

Key Elements To Improving Speech

- SPEAK OUT! Therapy (enroll as soon as noticing any changes)
- Family Involvement
- Patient, family, and speech-language pathologist work together to figure out what the most effective cue is for the patient (e.g. INTENT, Louder, SPEAK OUT!, Every Word With Intent)
- Daily Home Practice
- Speaking with INTENT
- Practice, Practice, Practice



Automatic versus Intentional Speech

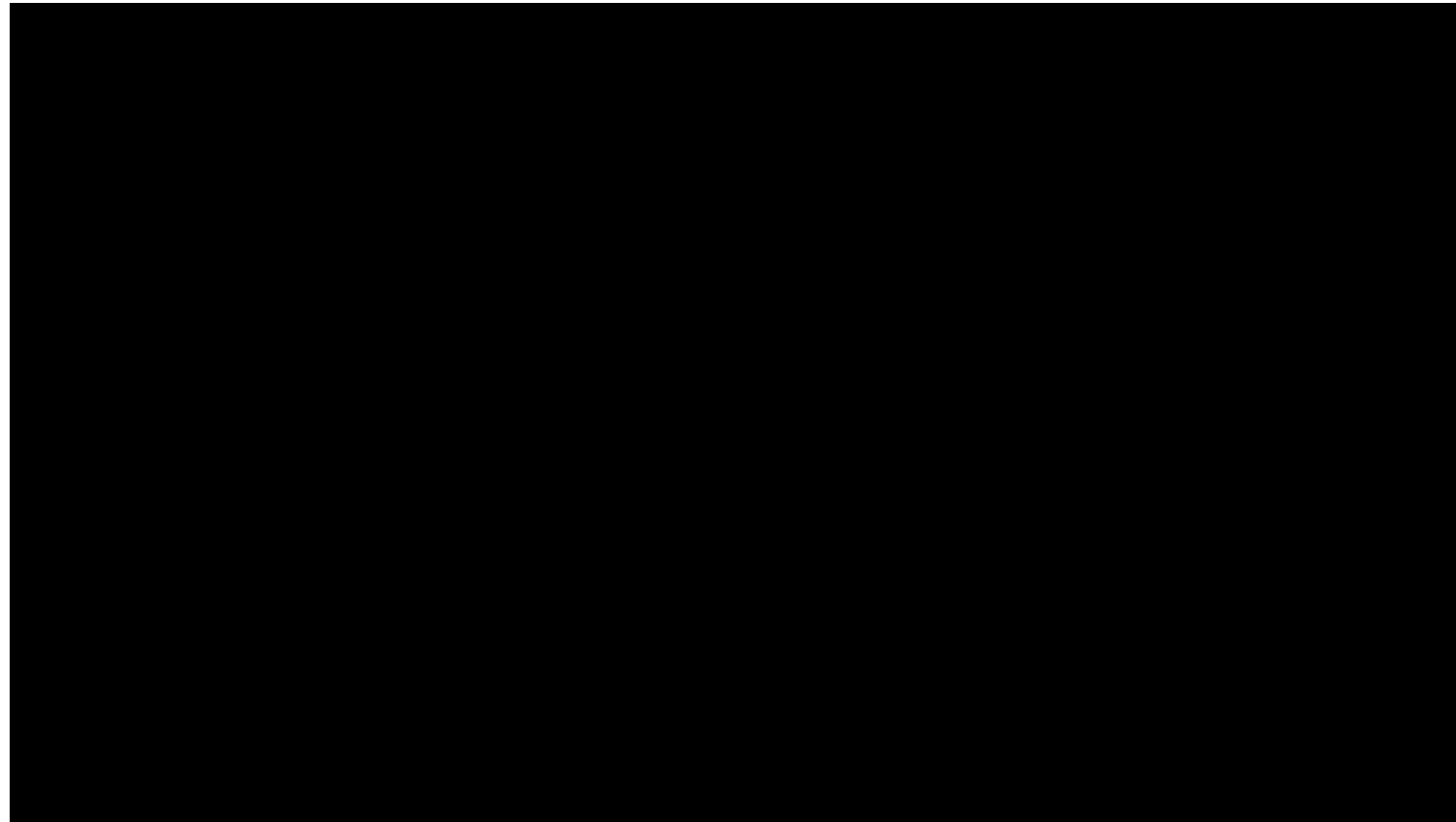


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PRE- AND POST-TREATMENT

Rick E. (Parkinson's)



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PRE- AND POST-TREATMENT

Lynn E. (MSA)



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Speech Therapy for People with P

Our Speech Therapy Program

Find a SPEAK OUT!® Provider

Online Parkinson's Speech Exercises

Patient Testimonials

Research

Frequently Asked Questions

875-6500

875-6500




Introduction to Parkinson's
Click to Register



**2022 Grant Recipients
Announced on
April 1st!**
Click to Learn More



**Find a SPEAK OUT!
Provider in Your
Area**
Click to Search

Free Online SPEAK OUT! Practice Sessions Monday - Friday



Parkinson's Speech Exercises


Samantha Elandary, MA, CCC-SLP
Founder and CEO


Michelle Eppley, BMus, BA, CCC-SLP
Clinical Music Coordinator

Practice Speaking & Living with INTENT!
Join us Monday - Friday 10am (CT)
*** Recordings are always available!***

www.ParkinsonVoiceProject.org



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Ways To Practice Speaking With INTENT

PLAYING CARDS

Name each card

Name the card that comes before or
after the one shown

Name the card that comes 2-3 cards
before or after the one shown

Ways To Practice Speaking With INTENT

PHOTO CARDS

Name each object

Spell each object (forward and backward)

Make up a phrase or sentence using each object

Describe the object with Intent

Ways To Practice Speaking With INTENT

MATH CARDS

Read and complete each math equation
Change the mathematical sign for each
equation and repeat the activity

Ways To Practice Speaking With INTENT

BALL ACTIVITY

While rolling the ball back and forth:

Count

Recite the days or months

Spell words

Recite nursery rhymes

Engage in conversation

Ways To Practice Speaking With INTENT

PHONE PRACTICE

Call family and friends to practice INTENT!
Call various businesses and ask questions

Ways To Practice Speaking With INTENT

ROLE PLAYING

Role play common scenarios such as:

Ordering food at a restaurant

Returning an item to a department store

Making a doctor's appointment

Making a withdrawal from the bank

Calling the pharmacy to order a refill

Telling a friend about speaking with INTENT



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