

SPEECH AND LANGUAGE THERAPY AND PARKINSON'S

**Treatments, therapies
and side effects**

Find out more about
how speech and
language therapy can
manage Parkinson's
symptoms



PARKINSON'S^{UK}
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SOME PEOPLE WITH PARKINSON'S MAY FIND THEY HAVE PROBLEMS WITH THEIR SPEECH AND COMMUNICATION.

This information sheet looks at what difficulties they may experience and how speech and language therapy can help.

What are speech and language therapists?

Speech and language therapists specialise in all aspects of communication. This includes speech, using technology, and facial expression and body language.

They are part of the team of healthcare professionals who can help you manage your condition.

They will help with any swallowing and communication problems you may experience. For example, putting your thoughts into words, communicating your ideas to others and understanding what others are saying. They will be able to give you techniques or tips to help reduce problems and help you prevent them from happening.

Why should I see a speech and language therapist?

Speech and language therapists can help with a range of symptoms which may cause concern for a person with Parkinson's, their family or carers.

Symptoms include:

- slurred speech
 - a breathy, weak voice
 - speaking more quietly than you used to
 - monotonous speech
 - poor pace control, with either rushed or slow speech
 - difficulty finding the right words
 - difficulty eating or swallowing (dysphagia)
 - having reduced facial expressions and a 'blank face', due to difficulty in controlling facial muscles
- difficulty drinking
 - drooling (sialorrhoea)
 - multi-tasking – finding it hard to talk clearly while doing other tasks or activities
 - difficulty engaging in and keeping up with conversations, especially in groups
 - reduced body language, as a result of slowness of movement, stiffness and tremor

Find out more: see our information on eating, swallowing and saliva control, and speech and communication problems in Parkinson's.

When should I see a speech and language therapist?

Clinical guidelines say that people with Parkinson's should have access to a speech and language therapist.

We recommend that you speak to one as soon as you can after you've been diagnosed.

Even if you aren't experiencing any specific problems, a speech and language therapist can give you useful information about possible problems that may occur, how to spot them and what can be done about them.

A therapist may also spot subtle changes you might not be aware of. This will help you cope with the problem before it becomes more difficult to manage.

Your first appointment is likely to involve an assessment. This will give your therapist

an idea of what treatment you need. The therapy that you receive and the number of sessions you have will depend on your individual needs, your preferences and the resources available.

How can a speech and language therapist help me?

In the early stages of Parkinson's, a speech and language therapist will focus on maintaining as much of your communication abilities as possible. A therapist will develop strategies and exercises to help with issues such as volume or loudness of speech, breathing and voice, speed of talking, facial expression and articulation (saying words clearly).

A speech and language therapist will also talk to you about the places and settings you communicate in, as they can play an important part in how your problems affect your everyday life.

They can help you, for example, if you work in a very noisy office where a soft or quiet voice is difficult to hear, or if you work in a very quiet environment that might not lend itself to speaking loudly.

Your therapist can help you with any problems you have with eating and drinking, such as chewing, swallowing and drooling. Your therapist may also suggest small pieces of equipment and special tools to help. For example a device that reminds you if your voice has become too quiet or one that prompts you to swallow.

If communicating becomes very difficult for you, a speech and language therapist can give you advice on different ways to cope. They will be able to recommend tools that support spoken communication or offer a different way of communicating in certain situations, and train you and your family or carer to use them.

This may simply mean recommending that you carry a piece of paper and pencil or a book with key words and pictures in that you can point to, or using email to communicate with people, where possible.

A speech therapist may also recommend that you use technology, such as a computer, voice amplifier or an 'app' (computer applications or programs designed to do a specific action) on your mobile phone or tablet (for example, an Apple iPad). There are apps available that help you to produce words or sentences, amplify your voice, or 'clean up' unclear speech.

What is Lee Silverman Voice Treatment?

The Lee Silverman Voice Treatment is a type of speech therapy developed specifically for people with Parkinson's.

It focuses on improving voice loudness to help with daily communication. The programme helps people with Parkinson's to recognise that their voice is too quiet and trains them to speak more loudly. It's an intensive treatment programme and requires daily therapy and homework, with 16 sessions over a month, each lasting up to an hour.

There is evidence to support the benefits of the treatment and it's recommended in clinical guidelines. Unfortunately, it isn't available everywhere – check with your speech and language therapist if it's offered in your area.

What advice can a speech and language therapist give carers or family members?

Speech and language therapists can give family and friends detailed explanations about voice and speech changes.

They can also give carers or family members strategies and tips to help a person with Parkinson's to communicate more effectively. These may include simple things such as watching a speaker's face while they are talking, and limiting background noise, such as the sound from a television or radio.

It may also involve discussing strategies to solve communication problems when the person with Parkinson's or their carer are unable to make themselves understood.

They can also give carers and family members advice on how to spot the signs that someone is having problems eating or drinking.

Find out more: see our information on eating, swallowing and saliva control, and speech and communication problems in Parkinson's.

How do I find a speech and language therapist?

Your GP or Parkinson's nurse can refer you to a speech and language therapist, or you can refer yourself. However, not all speech and language therapists are specialists in Parkinson's, so make sure you ask to see someone who has experience of working with people living with the condition.

It can be helpful to be referred by a healthcare professional, because the speech and language therapist will then have a point of contact for medical information. Medical referrals are often required for swallowing assessment and treatment.

You can also pay for private speech and language therapy. You may have this individually or within a group. If you're interested in finding a private speech and language therapist in your area, contact the Association of Speech

and Language Therapists in Independent Practice. See the 'More information and support' section for contact details.

Is there anything I can do to help myself with communication problems?

If you're having problems speaking, Parkinson's medication, such as levodopa, might help improve the volume or clarity of your speech. Speak to your specialist or Parkinson's nurse for more information.

If you have Parkinson's, it's important to take your Parkinson's medication as advised by your specialist or Parkinson's nurse. Taking your medication for Parkinson's at the right time will help you to manage your symptoms more effectively.

There are also practical things you can do that may help you train your voice.

These include, for example, trying to imagine that you're speaking in a bigger room than you are or to a larger group of people.

You could also imagine that the listener is further away than they are. Tricks like this can help you to speak more clearly and loudly.

Find out more: see our information on speech and communication problems in Parkinson's.

More information and support

Association of Speech and Language Therapists in Independent Practice

This organisation provides information on independent speech and language therapy across the UK, and supports speech and language therapists who practice independently.

020 3002 3704
www.asltip.com

Royal College of Speech and Language Therapists

020 7378 3012
www.rcslt.org

Parkinson's nurses

Parkinson's nurses have specialist experience and knowledge of Parkinson's.

They can:

- support people coming to terms with their Parkinson's diagnosis
- help people to manage their medication, so they get the best results and fewer side effects
- make referrals to other professionals such as speech and language therapists and physiotherapists

Some nurses are based in the community, such as your GP surgery. Others are based in hospital settings and clinics. Talk to your GP or specialist for more details on speaking to a Parkinson's nurse.

Parkinson's UK information and support

You can read our most up-to-date information at parkinsons.org.uk You can order printed information by calling **0330 124 3250** or visiting **parkinsons.org.uk/orderingresources**

If you'd like to speak to someone, our specialist adviser team can provide information about any aspect of living with Parkinson's.

They can talk to you about managing symptoms and medication, social care, employment rights, benefits, how you're feeling, and much more.

Call our team on: **0808 800 0303** or email **hello@parkinsons.org.uk**

We'll provide expert information over phone or email or put you in touch with an adviser locally.

If you'd like to meet other people living with Parkinson's

in your local area, you can find friendship and support through our network of volunteers and local groups.

Go to **parkinsons.org.uk/localgroups** or call our helpline to find out more.

Our forum is also a very active space to share and chat with others who really understand, at a time that suits you. Visit **parkinsons.org.uk/forum**

Thank you

Thank you very much to everyone who contributed to or reviewed this information.

Thanks also to our information review group and other people affected by Parkinson's who provided feedback.

Feedback

If you have any comments or feedback about our information, please call **0800 138 6593**, email **feedback@parkinsons.org.uk**, or write to us at Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ. If you'd like to find out more about how we put our information together, please contact us at **healthcontent@parkinsons.org.uk** or visit our website.

Can you help?

At Parkinson's UK, we are totally dependent on donations from individuals and organisations to fund the work that we do.

There are many ways that you can help us to support people with Parkinson's. If you would like to get involved, please contact our Supporter Care team on **0800 138 6593** or visit our website at **parkinsons.org.uk/donate**

Thank you.

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affected by Parkinson's.
Together we'll find a cure.

PARKINSON'S^{UK}

Free confidential helpline **0808 800 0303**
Monday to Friday 9am–6pm, Saturday 10am–2pm
(interpreting available)
NGT relay **18001 0808 800 0303**
(for textphone users only)
hello@parkinsons.org.uk
parkinsons.org.uk

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