

The University of Canterbury Speech and Hearing Clinic is a SPEAK OUT!® provider for people with Parkinson's disease.

The SPEAK OUT!® therapy regimen was developed at Parkinson Voice Project in America. You can visit their website [HERE](#).



The Problem:

Nine out of ten people with Parkinson's are at risk of developing a weak voice that can lead to serious speech and swallowing issues.

The Solution:

Parkinson Voice Project has developed an effective program that combines education, individual speech therapy and group speech therapy. They also train speech-language therapists in an effort to replicate the program around the world.

At the University of Canterbury UC Speech and Hearing Clinic we train speech-language therapy students. All our therapy will involve students and a registered Speech-language Therapist.

The Therapy plan:

1. The program begins with an **evaluation/assessment** of the person with Parkinson's speech (the client).
2. Then clients and whānau **learn** information about Parkinson's and how speech and swallowing can be affected. This session explains how using intention can improve one's communication, as well as other motor movements such as walking and writing.

An online version of the information session is available at:

<http://www.ParkinsonVoiceProject.org>

3. SPEAK OUT®! Individual Therapy

The next step in the program is SPEAK OUT®! This is typically 12 individual therapy speech therapy sessions at the UC Speech and Hearing Clinic or via telepractice. Together the client, their student and a speech-language therapist complete speech, voice and cognitive exercises in a specialised workbook.

The program emphasises speaking with intent and converts speech from an automatic function to an intentional act.

4. The SPEAK OUT!® Speech Group

Due to the progressive nature of Parkinson's, daily home practice and ongoing follow up is recommended.

The SPEAK OUT!® Speech Group consists of a weekly group session where SPEAK OUT!® exercises are performed and people practice speaking with intent. The Speech Group provides accountability, camaraderie, education, and support. The Speech Group is currently online.

5. Re-evaluation sessions

As part of our ongoing follow up, we also offer a 6 monthly or yearly review session. We will call you to offer you this session. You can also call us to ask to be seen earlier. At this session we will repeat some of the assessment tasks, complete a typical therapy session and work with you to identify what is working and how we can continue to support your speech and swallowing.

Who is a candidate for SPEAK OUT!®?

A person who:

- Can tolerate **40-minute** therapy sessions
- Can **follow** simple commands.
- Shows **improvement in two or more** of the following when using INTENT:
 - Breath support,
 - Volume,
 - Vocal quality,
 - Articulation, or
 - Intonation of speech.
- Has the capability to complete **daily home exercises** independently or has appropriate support system to assist.

How to contact us:

If you would like to discuss the program more, or want to ask for an assessment, please contact the UC Speech and Hearing Clinic during business hours.

Clinic Reception

T: +64 3 369 3133

Email: cmds-clinic@canterbury.ac.nz

We are located in the UC Speech and Hearing Clinic, in the Geography building. The clinical reception is on Level 1, accessed through the Arts Road entrance.

A map showing our location and the location parking for clients can be found at <https://www.canterbury.ac.nz/science/clinics/speech-and-hearing-clinic/>

Free parking for clients is signposted and is outside the entrance.