One of the defining characteristics of a person with Parkinson’s Disease (PD) is a decline in vocal loudness. This affects the ability to communicate at work, at home, in social settings and all areas requiring communication. Learning to speak louder has proven to increase intelligibility of speech of a person with PD.

PROGRAM GOAL
The goal is to teach participants to speak louder and communicate more effectively utilizing the SPEAK OUT!® program developed through the Parkinson Voice Project.

SPEAK OUT!® is based on the teaching of Dr. Daniel R. Boone, a speech-language pathologist who discovered in the 1950s that people with Parkinson’s could produce a stronger and clearer voice if they spoke with “intent.” The SPEAK OUT!® Program offered at the WTAMU Speech and Hearing Clinic will be conducted by graduate student clinicians and supervised by a faculty member trained by the Parkinson Voice Project. A comprehensive workbook will be provided to every patient by the Parkinson Voice Project. The primary goals of SPEAK OUT!® are to strengthen the muscles used for speaking and swallowing and to teach patients how to speak with intent and deliberation.

POINTS TO CONSIDER
Do people ask you to repeat?
Does your voice sound hoarse, scratchy, or breathy?
Does your family say you speak too softly?
Do you clear your throat often?
If your voice strong on some days, weak on others?
Do you cough when you eat or drink?

If you answered “yes” to any of these questions, contact the WTAMU Speech and Hearing Clinic for information on the SPEAK OUT! Program

FORMAT
• All groups will have concurrent meetings for spouse/caregiver.
• All groups will be led by graduate students in the Department of Communication Disorders and supervised by Texas licensed and ASHA (American Speech and Hearing Association) certified instructors.

SCHEDULE
• Group will meet once a week, Mondays, 1–3 p.m.
• All meetings are offered free of charge.
• All materials will be provided.

LOCATION
Groups will meet in the WTAMU Speech and Hearing Clinic, located inside the Virgil Henson Activities Center on the WTAMU campus.

REGISTRATION
Register early. Space is limited. An intake appointment will be scheduled with all participants prior to the beginning of group sessions. To register or for more information, call 806.651.5101.