




## OTHER ACTIVITIES YOU CAN INCORPORATE EVERY DAY ACTIVITIES

- *Singing - sing any time you hear music - Sing out loud and sing out as strong as you can. Sing in the shower, sing to the radio - just sing!!!*
- *Reading - when you read the newspaper in the morning, read some of the headlines out loud. Read as loud as you can - read to a level that you feel like you are shouting (but you won't be)*
- *If you're a passenger in a car, you could count out the number of i.e sheep - "one" sheep, "two" sheep, "three sheep" etc, or the number of certain types of car, or the number of buses. Make sure you use your nice loud voice to do*



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# Improving Communication with Parkinson's Disease

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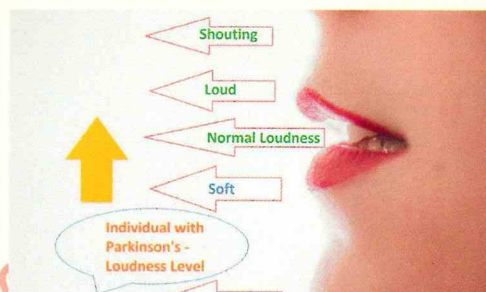
# Communication and Parkinson's Disease

Parkinson's Disease can affect our communication. Not all, but many will have communication problems with Parkinson's Disease. Some websites have stated that up to 90% of individuals with Parkinson's will have communication problems at some point.

## Why do we have Communication Problems?

Communication problems occur because our brain starts to forget how to monitor our speech.

As the brain forgets to monitor, our speech becomes lower. As our speech becomes lower, this becomes the new 'norm' for the brain - to produce speech at these lower levels. Because our brain is not monitoring how we speak, it is difficult for individuals to know that they are speaking more quietly. The result is that we are frequently asked to "speak up louder"



## WHAT EXERCISES CAN WE DO HELP US SPEAK LOUDER?

Exercises and using our voice with "intent" is important for those with Parkinson's Disease. Using our voice and speech muscles in the right way, helps keep them fit and active. Our muscles already have to deal with the fact that we are no longer teenagers, but there are things we can do to help keep them fit and toned. Following on are some exercises that you could do to help keep your voice healthy and strong. The main thing to consider is to use your voice with INTENT and to do them as LOUD as you can!

### EXERCISE 1. WARM UP

1. MAY MAY MAY MAY MAY.....
2. ME ME ME ME ME.....
3. MOE MOE MOE MOE MOE.....
4. MOO MOO MOO MOO MOO.....
5. MAY ME MY MOE MOO    MAY ME MY MOE MOO

### EXERCISE 2. GETTING LOUD AGAIN

1. Do an "AH" as loud as you can for as long as you can
2. Say AH (Hold for 10 seconds)
3. Say AH (Hold for 10 seconds)
4. Say AH (Hold for 10 seconds)

### EXERCISE 3. WORKING YOUR PITCH RANGE

Glide using "ah" glide up, stop and Breathe, then glide down

1. AH (go up) AH (go down)
2. AH (go up) AH (go down)
3. AH (go up) AH (go down)

### EXERCISE 4. TALKING WITH INTENT

Use a loud voice on each of the following statements:

1. Stop thief!
2. Fire!
3. Everyone out!!
4. Go team!
5. Way to go!
6. Call the police!Help!