

# SPEAK OUT

## Speech Therapy for Parkinson's Disease

### Could Parkinson's be affecting your speech and swallowing?

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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?

Is 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, you might benefit from SPEAK OUT!**

SPEAK OUT is a therapy program designed for people with Parkinson's Disease. You will work together with a speech pathologist for 12 weeks completing **speech, voice** and **cognitive exercises**. This program emphasizes *speaking with intent* and changes speech from an automatic function to an intentional act.

The SPEAK OUT program is also supported by a group therapy program called The LOUD Crowd. The LOUD Crowd meets weekly for education, accountability with practice, peer support and encouragement.



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## Speech Therapy for Parkinson's Disease

### The LOUD Crowd Details

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**WHEN:** Starting 27<sup>th</sup> January 2020

**TIME:** Every Monday @ 10am

**COST:** Free of charge

**PLACE:** ACU Health Clinic – 8 Approach Rd, Banyo 4014

### How do I sign up or find out more?

**VISIT:** ACU Health Clinic Reception

**PHONE:** ACU Health Clinic on 3861 6400

**EMAIL:** [Admin.HealthBris@acu.edu.au](mailto:Admin.HealthBris@acu.edu.au)