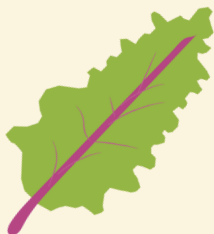


SPEECH PATHOLOGY TIPS FOR PARKINSON'S DISEASE



Speech Pathology (SP) is an essential support for Parkinson's disease management. Parkinson's disease is a neurodegenerative disorder that impacts movement and coordination of the muscles involved in speech and swallowing. Some tips in managing the condition can be found below:

Respiration

You may notice a change in respiratory strength and coordination. Ask your SP about incorporating some respiratory muscle strength training exercises into your sessions. Research continues to grow in this area, and shows promising results in reducing overall swallowing difficulties, and aspiration risks.

Oral health

Oral health problems, such as periodontal disease or infrequent oral care practices and dry mouth can lead to an accumulation of bacteria in the mouth. When individuals aspirate, this bacteria can be introduced into the lungs, potentially causing infection and inflammation. Stay on top of your oral health with frequent oral hygiene practice and regular dental checkups.

Swallowing

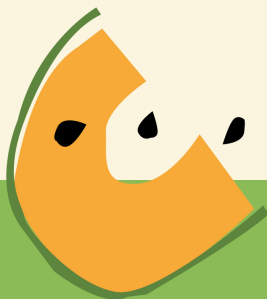
Difficulty eating and drinking is known as dysphagia, and requires careful assessment and monitoring. Your SP can help guide you through strategies and exercises to help maintain the strength and coordination of your swallowing muscles.

Communication

Parkinson's can affect all aspects of communication, including speech, language and thinking, as well as non-verbal skills such as facial expressions, typing or writing. Reach out to your SP to discuss your treatment options, such as Speak Out or LSVT LOUD (Lee Silverman Voice Treatment).

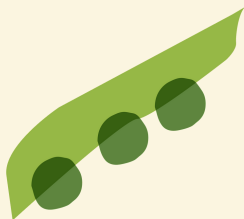
Assistive technology

Given the effects of Parkinson's disease on communication and energy levels, consideration of new technologies can assist, such as voice amplification or text to speech devices.



SPEECH PATHOLOGY TIPS FOR CAREGIVERS

Caring for someone with Parkinson's disease can be challenging, but with proper support and knowledge, caregivers can provide effective care that enhances the quality of life for their loved ones. Here are some tips for caregivers:



Education

Learn as much as you can about Parkinson's disease, including its symptoms, progression, and available treatments.

Understanding the condition can help you anticipate and manage its challenges more effectively.

Nutritious meals

Offer a balanced diet rich in fruits, vegetables, wholegrains, lean proteins, and healthy fats. Consider consulting a dietitian to address any specific nutritional needs associated with Parkinson's disease.

Help to facilitate communication

Communication may become challenging as Parkinson's disease progresses. It is important to remember that communication is a two way street, so do your best to assist when possible:

- Minimise background noise or environmental distractions (when able)
- Use clear language
- Speak face-to-face and stay present with the person. Avoid walking away as you are talking.
- Allow time for the person with Parkinson's to express themselves.
- Consider using alternative communication methods such as writing, gestures, or technology if needed.
- Choose the right time. Things like fatigue or feeling rushed may make things harder. Look for opportunities.

Seek support

Caregiving can be emotionally and physically demanding. Seek support from family members, friends, support groups, or professional counselors to help cope with the challenges of caregiving and prevent burnout.

