

Speaking out

Tailored therapy helps people with Parkinson's regain normal speech

ANCHOR LEDE

People diagnosed with Parkinson's disease or similar ailments are robbed of many daily functions. Normal speech is one of them, and that can lead to everyday difficulties.

TAKE VO

Luckily, there are tailored therapy programs to help people regain normal speech. One is the [SPEAK OUT!® program](#) from the Parkinson Voice Project. OSF HealthCare speech language pathologist Jenna Massey says a person typically comes to see her 12 times.

SOT

Jenna Massey, OSF HealthCare speech language pathologist

“We start out with very specific exercises like a sustained ‘ahh’ sound. Then we do some fluctuating sounds. Toward the end of the session, we do more conversation-based exercises. I’m monitoring their loudness and telling them if they’re doing a good job or if they need to get louder.” (:19)

VO TAG

The second piece is called LOUD Crowd®. It's referred to as a maintenance program, or something to help people keep up the skills they learned during office visits. It's group therapy once a week to practice real-world situations, like ordering food.

People also have to keep up exercises at home.