Speech Therapy for Parkinson’s Disease

The speech therapist, also known as the speech language pathologist (SLP), treats patients who have problems with speech, spoken or written language, and swallowing problems. Your SLP can help you work on improving problems with:

- Speaking, called dysarthria
- Swallowing, called dysphagia
- Memory, concentration or thinking

Speech Therapy Treatments
Based on your needs, your SLP may:

- Teach exercises that improve speech and voice strength.
- Work on problems with swallowing that may include exercises to improve swallowing, planning the types and consistency of foods that you can safely eat, and hints to swallow better.
- Help improve your attention or concentration.
- Help improve your ability to read and write.
- Teach you ways to improve your thinking skills.
- Help you improve your memory, problem solving and organization. Some activities you can do to help keep your mind sharp include:
  - Sudoku or crossword puzzles.
  - Word search games.

- Jigsaw puzzles.
- Card games or learning a new board game.

LSVT Loud Program
There is a special program called LSVT (Lee Silverman Voice Treatment) Loud. Speech therapists attend special training to use this program to treat speech problems for people with Parkinson’s disease and others. This program has helped patients to:

- Produce louder speech.
- Improve swallowing.
- Improve facial expression.
- Improve brain function.

For more information about LSVT Loud, talk with your speech therapist or visit http://www.lsvtglobal.com/.

Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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