



Speech and
Swallowing
Screening

- Do people ask you to repeat?
- Does your voice sound hoarse, scratchy, or breathy?
- Does your family say you speak too softly?
- D Do you clear your throat often?
- D Is your voice strong on some days, weak on others?
- D Do you cough when you eat or drink?



Do you know
someone with
Parkinson's?

The Lehman College
Speech and Hearing Center
is located in the
Speech and Theatre Building, Room B50.
Treatment Services for Parkinson's
Disorder including SPEAK OUT!® and
LOUD Crowd® methodologies are provided
at **no cost to our Clients.**
For additional information please contact:

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The Parkinson Clinic

*at the
Lehman College
Speech and Hearing Center*



THE PARKINSON CLINIC

THE CHALLENGE

Nine out of ten people with Parkinson's are at risk of developing a weak voice that can lead to serious speech and swallowing issues.

THE SOLUTION

Through our work with the Parkinson Voice Project in Dallas, Texas the Lehman College Speech and Hearing Center has adopted an effective program that combines education, individual speech treatment (SPEAK OUT!®), and group speech treatment (The LOUD Crowd®).

THE PROCESS



THE Evaluation Session

The Speech Evaluation for Parkinson's Disorder at Lehman College includes taking a detailed case history, assessing the client's vocal volume and determining the patient's responsivity to the prescribed treatment.

Part of our commitment to our clients is recognizing that it is essential that all involved (caregivers, family, loved ones) understand basic information about Parkinson's and how speech and swallowing can be affected.

Once the client is accepted into our program, we provide information sessions to caregivers to explain how using intention can improve one's communication, as well as other motor movements, such as walking and writing. An online version of the Parkinson's Information Session is available at ParkinsonVoiceProject.org



SPEAK OUT!®

The next step in the program is SPEAK OUT!®, which typically consists of twelve to fourteen individual speech therapy sessions. Together, the client and Student Clinician complete speech, voice, and cognitive exercises using a specialized workbook that Parkinson Voice Project provides to every SPEAK OUT!® client. The program emphasizes *speaking with intent* and converts speech from an automatic function to an intentional act. Once SPEAK OUT!® sessions are underway, clients will be invited to participate in The LOUD Crowd®.



THE LOUD Crowd®

Due to the progressive nature of Parkinson's, daily home practice and ongoing follow-up is necessary. The LOUD Crowd® consists of weekly group sessions where SPEAK OUT!® exercises are performed and participants practice speaking with intent. The LOUD Crowd® provides accountability, support, education, and camaraderie.