

# SPEAK OUT!®

SPEAK OUT! combines education, individual speech therapy, group speech therapy, and consistent daily home practice. The goal is for people with Parkinson's and related movement disorders to *regain* and *retain* their speech and swallowing for a lifetime.

## 1. SPEAK OUT! Evaluation

An evaluation is conducted by a "SPEAK OUT! Provider." This is a licensed speech-language pathologist trained in SPEAK OUT! Therapy.

## 2. SPEAK OUT! Workbook & eLibrary

Parkinson Voice Project provides a SPEAK OUT! Workbook to U.S. patients and an eLibrary to ALL patients working with a SPEAK OUT! Provider. The eLibrary includes workbooks and flashcards in several languages.

## 3. Learn About Parkinson's Webinar

Patients, families, and close friends attend this webinar to understand the role of dopamine and how "intent" is the key to managing Parkinson's.

## 4. Individual Speech Therapy

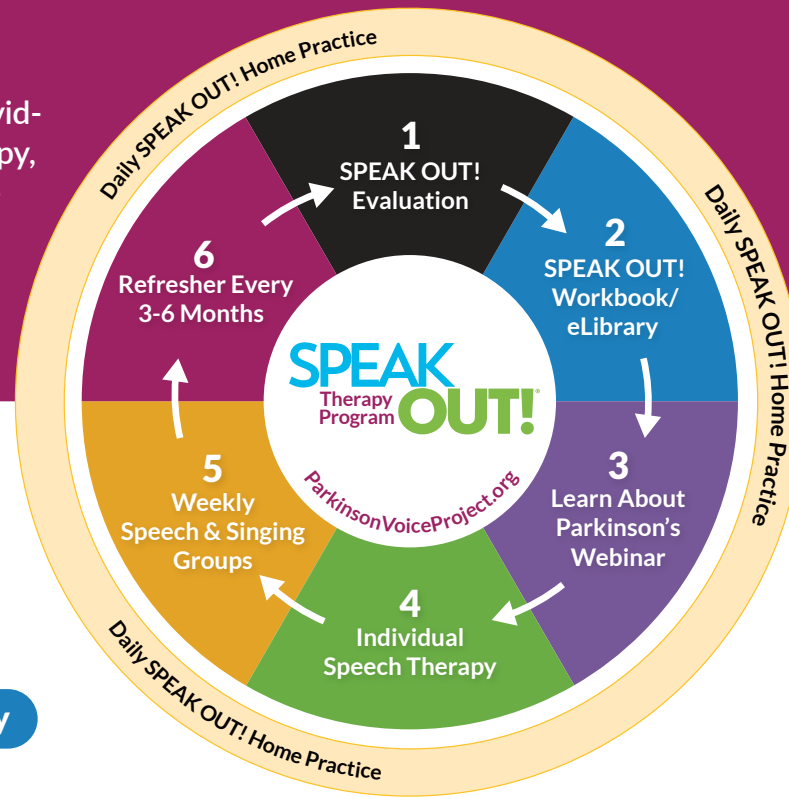
Patients and families work privately with a SPEAK OUT! Provider to learn the SPEAK OUT! exercises and to establish a consistent home practice routine. Most patients reach their treatment goals in 8-12 sessions.

## 5. Speech & Singing Groups

After completing individual speech therapy, patients transition to weekly groups for on-going speech and voice exercises, education, and support.

## 6. Refresher Every 3-6 Months

Retaining speech and swallowing with Parkinson's requires consistent follow-up. Patients and families meet with their speech-language pathologist every 3-6 months to assess their progress and make appropriate adjustments.



## Online Education & Speech Practice

**Learn About Parkinson's Webinar**  
2nd Tuesday of each month

**SPEAK OUT! Home Practice Sessions**  
Every Monday through Friday

**Parkinson's Sing-Alongs**  
Every Thursday

[ParkinsonVoiceProject.org](http://ParkinsonVoiceProject.org)



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VOICE PROJECT**  
ParkinsonVoiceProject.org