

More Practice

- Read the road signs in a strong voice as you drive or ride down the road.
- Read out loud every day –speak loudly and with expression. Is there a question mark or an exclamation point at the end of a sentence? Use your tone and pitch to show this.
- Exaggerate your mouth opening and really move your tongue and lips when you speak.
- Do you have a favorite song? Sing whenever you can and use a comfortable pitch range. Singing uses the same muscles that we use for speech.
- Be intentional about using melody and inflection when you are talking.
- If you feel that you are “running out of breath” when you are talking, pause more often and take an extra breath.

Involving Your Team

A speech-language pathologist can provide assessment and individual recommendations for maintaining your voice and speech.

Do you need help finding a speech-language pathologist? Contact the National Parkinson Foundation Helpline at 1-800-473-4636 (1-800-4PD-INFO), and a Parkinson information specialist can help you search for speech-language pathologists in your area.