

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The main title is centered in the upper half of the slide.

LEARN TO LIVE AND SPEAK WITH INTENT

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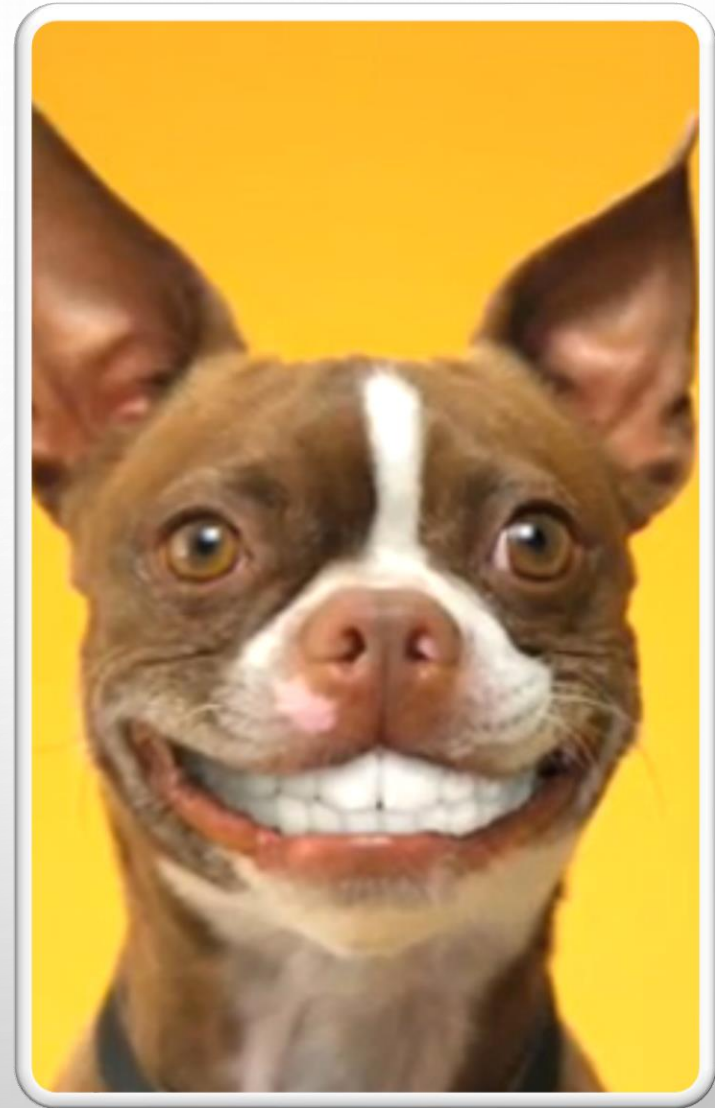
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PARKINSON'S DISEASE

Parkinson's disease is a disease affecting automatic motor functions

Those are the things we do without thinking about it like blinking, swallowing, swinging our arms when we walk, talking, smiling and walking.

When someone has Parkinson's Disease, they can still perform those movements but the movements get smaller. This includes taking smaller steps when you walk, writing small, speaking in a smaller softer voice and using smaller facial expressions or mumbling when you talk.

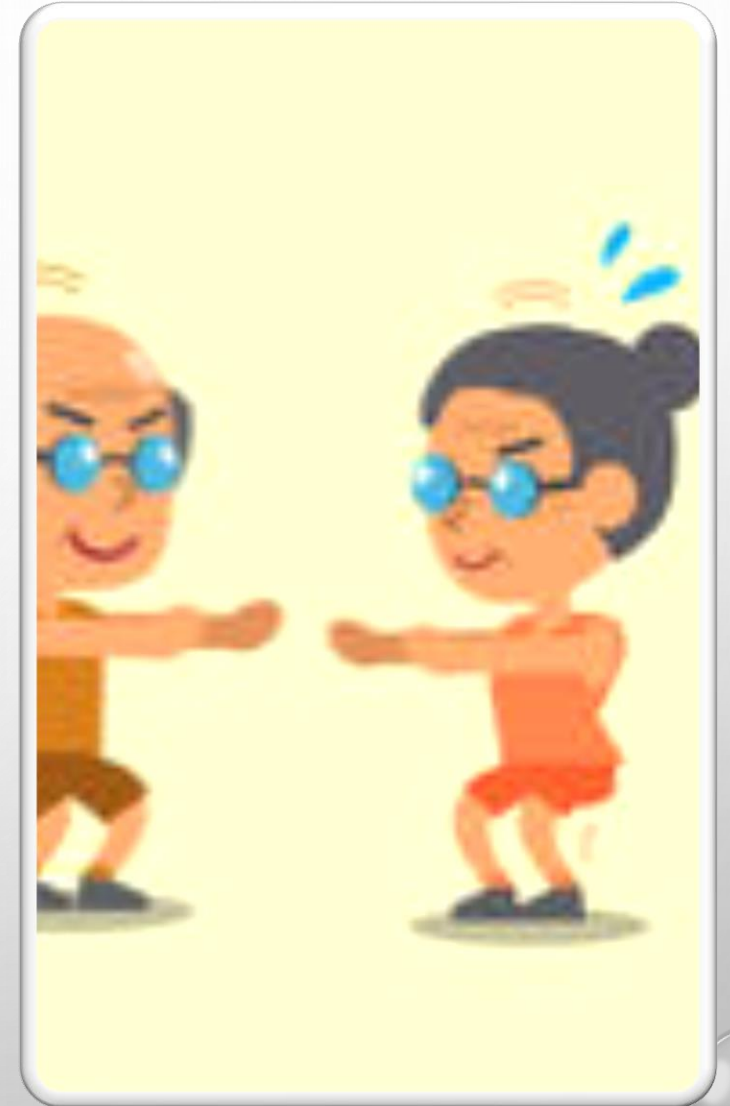


PARKINSON'S DOES NOT MAKE MUSCLES WEAK

Parkinson's does NOT make muscles weak like other neurological diseases.

But since muscles are not fully used because of the smaller movements, the muscle then becomes weak due to the reduced movement.

You must use it or lose it!!



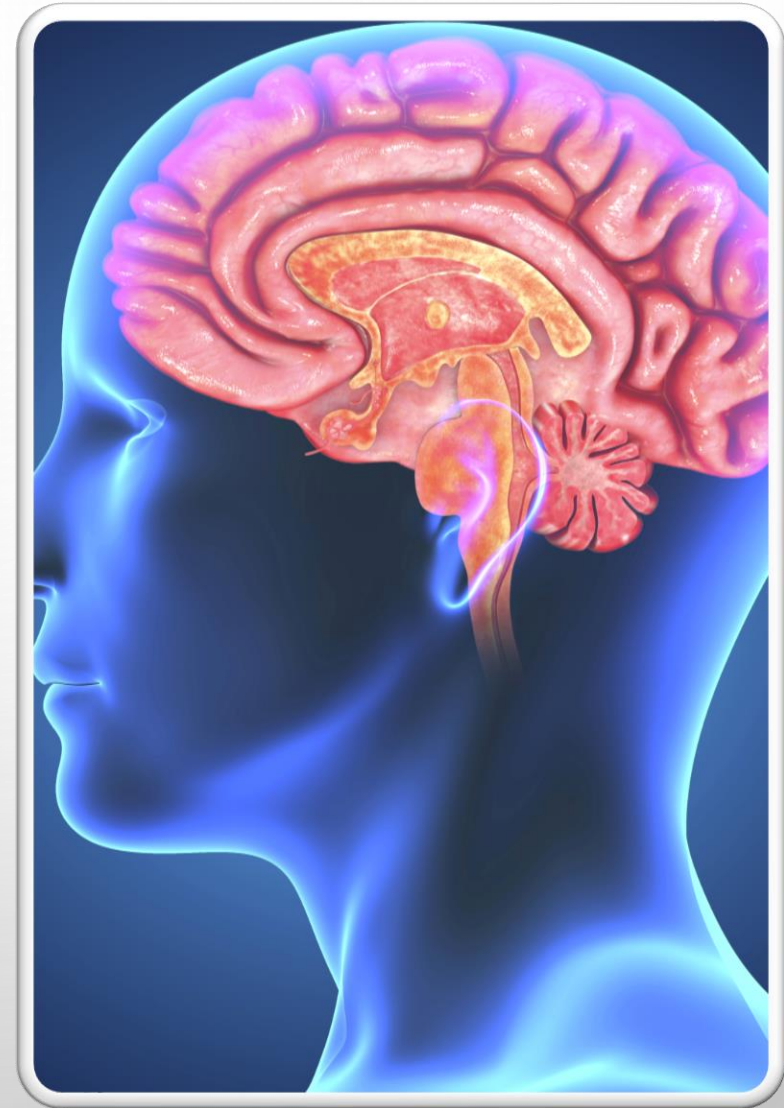
DOPAMINE

Parkinson's disease presents itself as dopamine production declines in the brain.

Dopamine is a neurotransmitter chemical that helps transmit impulses that control automatic movements.

80% of dopamine can be depleted by the time of diagnosis.

Therefore, **the functions one loses secondary to Parkinson's will never become automatic again**



GOOD NEWS!!

- Intentional and deliberate movements are preserved and we can improve our daily function by learning to :
“LIVE WITH INTENT” through the use of purposeful behaviors and actions
- That means.....Do it on purpose! Do it for a reason! Do it because you want a **specific outcome** (I want to be heard, I want to avoid a fall).

“It” means: walking, talking, writing, swallowing, using facial expressions, remembering things.

FULL VIDEO ON PARKINSON'S VOICE PROJECT.ORG



SMH PROGRAMS

- **SMH OFFERS SEVERAL PROGRAMS TO HELP YOU LEARN TO LIVE WITH INTENT:**
- **LSVT BIG.....TARGETING BALANCE, WALKING, CORE STRENGTH**
- **LSVT LOUD.....TARGETING VOICE AND OFTEN IMPROVES SWALLOWING.**
- **SPEAK OUT.....TARGETING SPEECH, SWALLOWING, VOICE AND COGNITION**

LET'S LIVE WITH INTENT NOW, IN THIS MOMENT

- Stretch, right, stretch left....Go as far as you can
- Exercise your voice....May, Me, My, Mo, Moo....Nice and LOUD and slow...breath deeply
- Do a vocal glide using the “ah” sound. Go up and down the scale as far and loud as you can
- Let's practice speaking in a loud, slow, articulate voice

“Good morning”

“It's a great day”

“Today, I will make conscious choices and live with intent”