

Speech therapy must be taken into account when assessing the entirety Parkinson's disease, for the persons having speech difficulties.

In this case, an early intervention is recommended in order to prevent the progression of those disabilities. The speech therapist will offer various means that are adapted to the needs of the person and to the degree of severity of its symptoms

Find below some advice to facilitate communication for the person living with Parkinson's disease:

- Make some effort to :
 - Organize your ideas before starting to speak ;
 - Have a lot of expression in your face, exaggerate the expression if necessary ;
 - Take a deep breath, and then slowly start to speak ;
 - Project your voice as much as possible ;
 - Exaggerate the movements to articulate ;
 - Make short sentences ;
 - Take a break between each statement ;
 - Speak slower.
- Ask for feedback in order to prevent breaks in the communication by asking your discussion partner to let you know if they do not understand some parts and by making sure they understood.

Regarding the discussion partners of the person living with the disease, it is recommended to:

- Give all of your attention to the person when he/she speaks;
- Be attentive to the mouth and face ;
- Encourage the person to speak louder if the voice is too low ;
- Avoid interruptions when the person takes more time to organize its ideas, start or finishes sentences;
- Let the person know what was understood or not;
- Ask the person to repeat or, as needed, to rephrase, what was not understood in the sentence.

It is also possible to view a conference from the program *Marcher sous la pluie* « Parler et manger, quoi faire quand ça devient difficile » (in French only), presented by Mrs. Stéphanie Emond, speech therapist with the CHUM, by clicking on the following link: <https://www.youtube.com/watch?v=KRqsgS5bQ7E>

If you are interested understand better the scope of this phenomenon, Parkinson Québec invites you to read the following article, written by Angela Roberts-South, M.A., Ph.D. Candidate, by clicking on the following link: http://www.pdf.org/en/speech_problems_pd.