

## **Speaking out**

*Tailored therapy helps people with Parkinson's regain normal speech*

Run time - :42

ANCHOR LEDE: People diagnosed with Parkinson's disease or similar ailments are robbed of many daily functions. Normal speech is one of them, and that can lead to everyday difficulties. But there is hope. Tim Ditman of OSF HealthCare has more.

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SPEAK Out!® is a tailored therapy program to help people regain normal speech. OSF speech language pathologist Jenna Massey says a person typically comes to see her 12 times.

**\*\*\*SOUNDBITE\*\*\***

**Jenna Massey, OSF HealthCare speech language pathologist**

**"We start out with very specific exercises like a sustained 'ahh' sound. Then we do some fluctuating sounds. Toward the end of the session, we do more conversation-based exercises. I'm monitoring their loudness and telling them if they're doing a good job or if they need to get louder." (:19)**

The second piece is called LOUD Crowd®. It's group therapy once a week to practice real-world situations, like ordering food.

I'm Tim Ditman.

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ANCHOR TAG: People also have to do exercises at home to keep up the skills they learn with a therapist. Talk to your health care team to see if speech language therapy is offered near you.