

Speech and Swallowing in Parkinson's

Practical Tips and Information

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Where do speech and swallowing issues fit within Parkinson's?

There are a number of well-recognized movement-related issues

Slowness

Balance and walking

Smaller movement

Tremor*

This spills over to other areas

A photograph showing a metal bucket tipped over a blue plastic crate. The bucket is on the right, and its opening is over the crate. Inside the bucket, a small black object and a wooden block are visible. The crate has several large, irregular holes in its side. The background is a plain, light-colored wall.

Whatever is
occurring
“externally”
(i.e. visibly) is
also occurring in
places you can’t
see as well...

What does this look like day to day ?

Communication

- Quiet speech
- Facial Masking
- Posture and eye contact
- Changes in speech production
- Language-related changes

Eating

- Less energy/power
- Timing issues
- Saliva production (+/-)
- Digestive issues
 - Slow digestion
 - Reflux
 - Constipation

What can you do about it?

Add a speech language pathologist to your team!

- **Speech and swallow issues are common**
- **May appear earlier than you realize**
 - **Monitor and track changes**



Not just any SLP



- Someone with experience in treating Parkinson's
- Ask them
 - "Do you have specialized training?"
 - "How many people with Parkinson's have you worked with?"
 - "Do you have anyone on your caseload right now?"

Exercise your voice

- Exercises from your SLP
- Videos
 - Search for “Parkinson’s speech (or voice) exercise”
 - Other voice exercises – theater, singing
 - Webinar series in partnership with the AARP of Colorado

<http://www.davisphinneyfoundation.org/aarp-webinar>

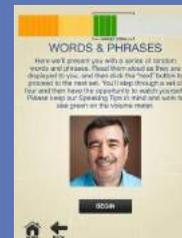


Take Advantage of Technologies

Apps specific to PD

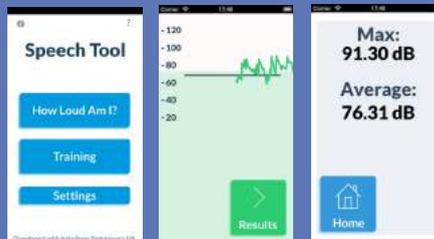
- "Speak Up for Parkinson's"

- iPad only...



- "Speech Tool"

- iOS



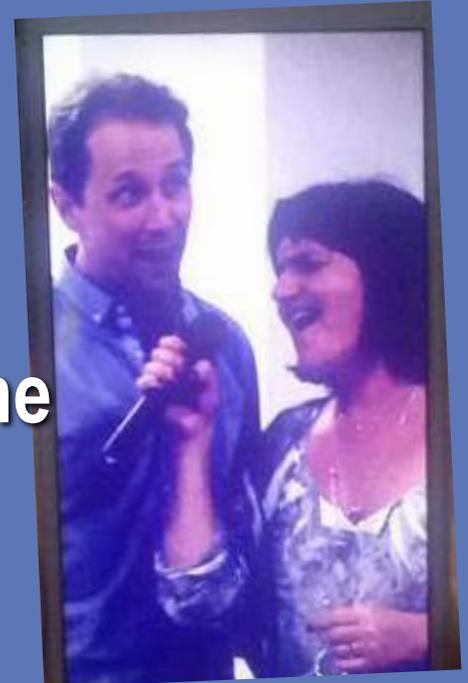
- Android?

- Voice Analyst?

- Lite Version...

Take Advantage of Other Technologies

- **Karaoke Apps**
 - Other singing tools
 - “Amazing Slow Downer”
- **Already on your smartphone**
 - Speech recognition
 - Video camera
 - My “go to” for “facial masking”



Standalone Technologies

- **SpeechVive®**



- **Portable Voice Amplifiers**



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Moving Beyond Tech

- **Choirs and other live opportunities**
 - Incl. Tremble Clefs ®
- **Singing lessons**
- **Theater**
- **Public Speaking**
 - Toastmasters ®
- **Incorporate into PT and OT routines**
 - Dual task training

Transitioning to swallowing

- **Just as with speech/voice, many things happening that are difficult to visualize...**
 - **Movement of food along the way**
 - **Can interfere with timing**
 - **Reflux, constipation and other issues**
 - **Changes in sensation**
 - **Including taste**

Indicators of a swallowing prob.

- **Drooling**  Associated with a higher risk of swallowing issues
- **Weight loss**  Could be an indication of difficulties at mealtimes
- **Coughing**  Your body's protective/early warning system at work
- **Unexplained fever**  Could be the result of "aspiration"

What Can You Do About It?

Add speech language pathology to your team!

Even more important now

Aspiration pneumonia

Weight loss

Social implications



Practical tips - “Finger Foods”

A large plate of finger foods is shown in the background. The plate contains a variety of items: a sandwich cut into halves, several hot dogs, a hamburger, a piece of ribs, a bowl of cheese, a bowl of fruit, a bowl of olives, a bowl of chips, and a bowl of vegetables. The plate is set on a white surface.

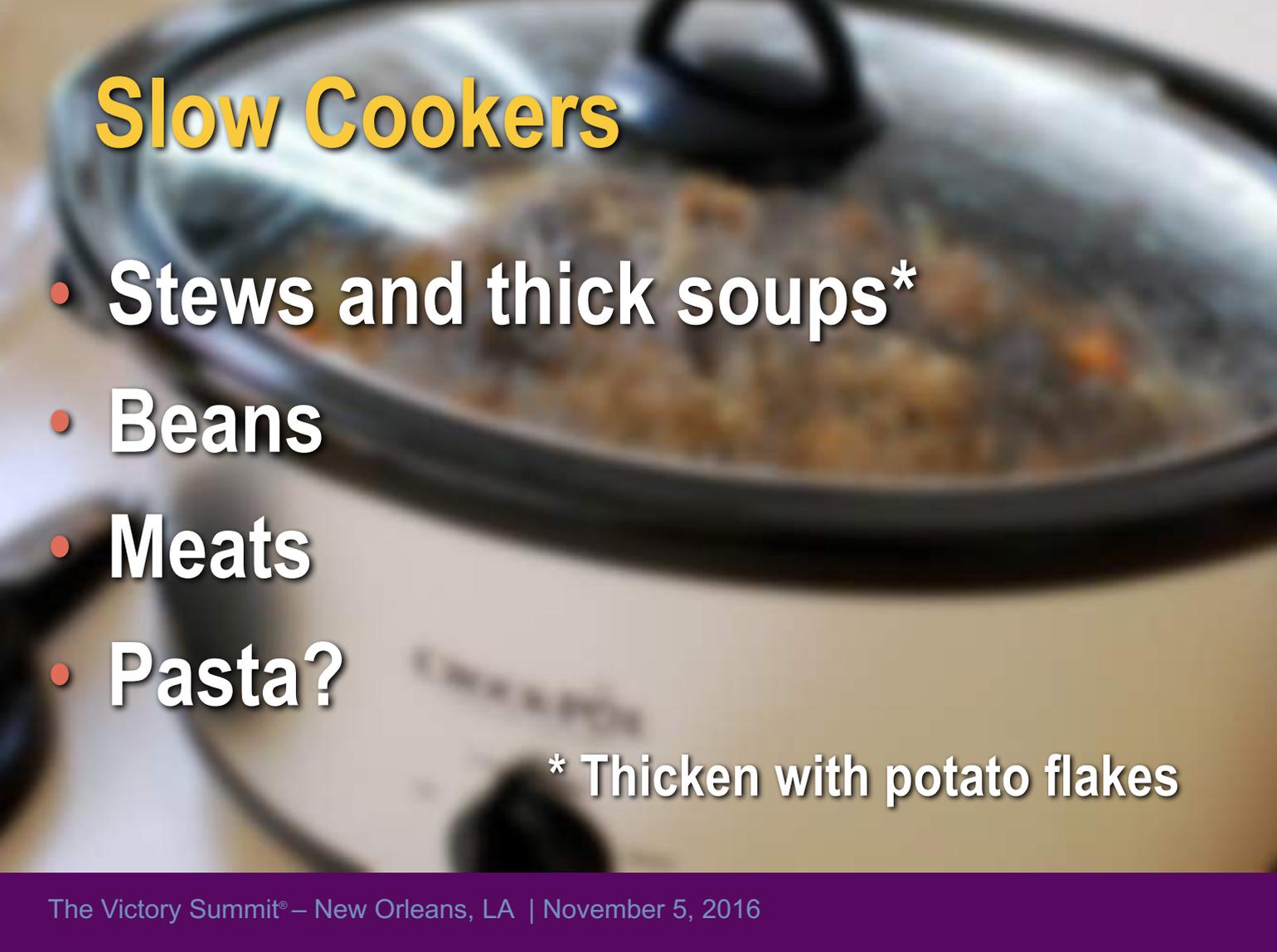
- Sandwiches
 - Cut down to size
- Hot dogs and sausages
- Hamburgers
- Ribs
- Pieces of cheese
- Pieces of fruit
- Olives
- Chips and dip
- Vegetables and dips

Consider prepared food*

- Pulled pork, shredded chicken
- Other prepared meat
 - Rotisserie chicken
 - Meatloaf
 - Pot roasts
 - Chicken tenders
 - Sausages



Slow Cookers



- Stews and thick soups*
- Beans
- Meats
- Pasta?

* Thicken with potato flakes

Easy Recipe -Slow cooker ribs

- **Slab of ribs, cut in half**
 - $\frac{3}{4}$ cup sauce
 - $\frac{1}{2}$ cup of orange juice
 - $\frac{3}{4}$ of brown sugar (optional)
- **Cook on low for about 6-8 hours (baby back ribs)**

Precut Fruit and Vegetables

- Carrots
- Broccoli and cauliflower
- Squash and sweet potato
- Melon
- Pineapple
- Grapes and berries

Easy Recipe

Oven Roasted Vegetables

Fill a 9"X 12" glass dish with

- Potatoes – cut to manageable size
- Other vegetables
 - Cauliflower
 - Broccoli
 - Brussels sprouts
- Root vegetables
- Whole cloves of garlic

Coat with Olive Oil

Salt, Pepper, Thyme?

Bake at 350 until soft and browned



Don't Neglect Condiments

- Traditional condiments
 - Catchup/mustard/mayo
 - Barbecue sauce
 - Hot sauce
 - Something more exotic
- Spreads
 - Guacamole
 - Hummus
 - Other dips and spreads

Plain old olive oil and balsamic vinegar



Advice for Pills

- Pills with water can be challenging
 - “Mixed consistency” – solid + liquid
- Consider using a “puree” like applesauce instead
 - Watch protein-rich purees like cottage cheese and yogurt

Action Steps

- **Develop a relationship with an SLP with Parkinson's experience**
- **Find opportunities to exercise your voice**
 - Videos
 - Apps
 - Local classes and choirs
- **Get creative at mealtimes**
 - Finger foods
 - Slow cookers

Questions?

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***These slides are available for download
at www.davisphinneyfoundation.org***