

Parkinson's disease can affect communication and/or swallowing.

The most common communication difficulty is called *dysarthria* – this means voice quality, clarity, naturalness and intelligibility is altered. Cognitive changes can also impact language processing and communication.



Difficulty in swallowing is a common symptom of Parkinson's as the disease progresses. Swallowing difficulty is called *dysphagia* – this is when the muscles involved in swallowing food and drink are uncoordinated.

Dietitians can give you information about food and nutrition that can help.

Community Resources

For Speech Therapy

Bonnie Bereskin, Speech Language Pathologist familiar with neurological conditions and can help with swallowing and voice improvement.

Phone: 416 633 2164 Email: bbereskin@hotmail.com

The Ontario Association of Speech-Language Pathologists & Audiologists (OSLA) Find a Speech Language Pathologist <https://www.osla.on.ca/>

For Dietician Services

Telehealth Ontario: 1-866-797-0000. You can talk to a registered dietitian on the phone.

The Four Villages Community Health Centre (Free) www.4villageschc.ca

Dieticians of Canada Find a Dietitian www.dietitians.ca

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Speech Therapy Resources

Apps

[LSVT Global LOUD](#)

Understand how to improve speech, voice and communication through training/treating healthy vocal loudness. LSVT LOUD uses clinically-proven methods for improving communication and movement in individuals with neurological conditions.

[Loud and Clear Speech](#)

Over a four-week period in roughly 15 to 20-minute sessions, this app aims to help strengthen voice volume.

Book

[LSVT LOUD Homework Helper! DVD by Cynthia M. Fox PhD, CCC-SLP Amazon.ca](#)

This DVD takes you through voice and speech exercises based upon LSVT LOUD speech therapy.

Vocal practice videos

[SPEAK OUT! Practice Videos \(parkinsonvoiceproject.org\)](#)

SPEAK OUT! Practice videos guides you through daily exercises with Speech Language Pathologists.

Singing with Parkinson's

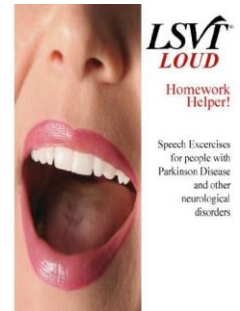
[Singingwithparkinsons.com](#)

Group singing can improve vocal strength, breathing and swallowing control. Register to take part on Zoom!

Louder, Clearer: A Parkinson's Voice Training Program

[Pssso.ca](#)

Parkinson Society Southwestern Ontario delivers group sessions led by speech-language pathologists.



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