



# PARKINSON VOICE PROJECT

The SPEAK OUT!® Therapy Program is an evidence-based speech therapy approach designed specifically for individuals with Parkinson's disease. This program focuses on speaking with intent; helping you strengthen your voice, improve clarity, and maintain effective communication in daily life. Consistent practice is key to success. By using the exercises in this booklet regularly, you can help retrain your brain and muscles for stronger, more intentional speech.

Scan the QR code to access your SPEAK OUT!® exercises and take an active role in preserving your voice and communication skills.



## SPEAK OUT!® Therapy Program



Scan the QR code to access the Parkinson Voice Project  
eLibrary SPEAK OUT! Booklet

or

<https://parkinsonvoiceproject.org/elibrary/speak-out-booklet/>



## SPEAK OUT! PROGRAM OVERVIEW (What to Expect)

Week 1: Learn how to use your voice with intent

Week 2: Build strength and consistency

Week 3: Use your voice in real-life thinking tasks

Week 4: Use your voice independently in conversation



- 2 sessions per day at home
- ~10–15 minutes each (or ~20–30 min total/day)
- Plus using intent during real-life conversation

*\*This is what maintains the intensity needed for neuroplastic change\**

## SESSION TRACKER

### WEEK 1: Learning "Intent"

Session Focus Completed Notes

1 Level I Lesson 1 (page 5) - Learn intentional speech, baseline voice  \_\_\_\_\_

2 Level I Lesson 2 (page 11) - Build consistency, increase repetitions  \_\_\_\_\_

3 Level I Lesson 3 (page 13) - Add sentences + simple conversation  \_\_\_\_\_

### WEEK 2: Building Strength

Session Focus Completed Notes

4 Level I Lesson 4 (page 17) - Stronger voice, longer phrases  \_\_\_\_\_

5 Level II Lesson 1 (page 22) - Add thinking tasks while speaking  \_\_\_\_\_

6 Level II Lesson 2 (page 26) - More independence, less cueing  \_\_\_\_\_

### WEEK 3: Real-Life Use

Session Focus Completed Notes

7 Level II Lesson 3 (page 30) - Use voice during problem solving  \_\_\_\_\_

8 Level II Lesson 4 (page 34) - Longer reading + conversation  \_\_\_\_\_

9 Level III Lesson 1 (page 39) - Practice real-life speaking tasks  \_\_\_\_\_

### WEEK 4: Independence

Session Focus Completed Notes

10 Level III Lesson 2 (page 44) - clearly in daily situations  \_\_\_\_\_

11 Level III Lesson 3 (page 48) - Minimal cues, more independence  \_\_\_\_\_

12 Level III Lesson 4 (page 52) - Review progress + next steps  \_\_\_\_\_



Using a FREE App to Measure Decibels  
are simple, free, and great  
for clinical carryover in the home:

**Your Goal:** \_\_\_\_\_ dB



Six SPEAK OUT! Exercises & Tips	
<b>Warm-Ups</b>	
<ul style="list-style-type: none"><li>• Smooth and connected</li><li>• Neither monopitch nor chanted</li></ul>	<ul style="list-style-type: none"><li>• Projected up and forward</li><li>• Every syllable with INTENT</li></ul>
<b>Ahs</b>	
<ul style="list-style-type: none"><li>• Mouth opened wide</li><li>• Not longer than 10 seconds</li></ul>	<ul style="list-style-type: none"><li>• Volume consistent throughout</li><li>• Clear vocal quality throughout</li></ul>
<b>Glides</b>	
<ul style="list-style-type: none"><li>• Mouth opened wide</li><li>• Clear vocal quality throughout</li></ul>	<ul style="list-style-type: none"><li>• Steady "ah," then glide up</li><li>• Steady "ah," then glide down</li></ul>
<b>Counting</b>	
<ul style="list-style-type: none"><li>• Smooth and connected</li><li>• Neither monopitch nor chanted</li></ul>	<ul style="list-style-type: none"><li>• Projected up and forward</li><li>• Every number exaggerated</li></ul>
<b>Reading</b>	
<ul style="list-style-type: none"><li>• Be deliberate</li><li>• Projected up and forward</li></ul>	<ul style="list-style-type: none"><li>• Every single word with INTENT</li></ul>
<b>Conversation</b>	
<ul style="list-style-type: none"><li>• Begin with structured tasks; then elaborate</li></ul>	<ul style="list-style-type: none"><li>• Every single word with INTENT</li></ul>

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