

SPEECH AND COMMUNICATION WORKSHEET

Speaking tips

- Pace your words if you talk too fast.
- Begin talking by sitting up straight, taking a deep breath and opening your mouth.
- Singing is fun and helps keep your voice flexible and increases your breath support. Try karaoke.
- Practice facial exercises to reduce muscle stiffness.
- Use a voice meter to monitor your speech volume. Find time to practice with it at least once a day such as at the breakfast table.

Breathing tips

- Breathing deeply helps increase your volume of speech. Open your chest by sitting up straight to allow for big deep breaths.
- Practice deep breathing daily. Yoga classes can help with breathing exercises and movement.

Communication tips for you and your care partner

- Improve communication with your care partner. A speech therapist and counselor can help with ideas such as active listening and other recommendations focused on maintaining a presence and staying engaged in communication and relationships.
- Get your hearing checked if you think it is impaired.
- Don't let conversation bypass you. If you are in a group setting, ask the group to pause, reminding them that you or your partner would like to speak and be heard!
- Use body language and hand gestures during a conversation to help tell your story.

Treatment

- Get treatment early. A speech therapist can help keep your speech strong before there is a problem or work with you to improve speech with any change.

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