



LSVT[®] LOUD

Lee Silverman Voice Treatment Program

What is LSVT[®] LOUD?

LSVT[®] LOUD is an intensive voice/speech treatment program designed for people who have Parkinson's disease (PD).

What speech and voice problems can accompany PD?

Research shows that up to 89 per cent of people with PD experience voice and speech problems. Common problems include:

- softer volume of voice
- mumbled speech
- 'flat' voice that lacks expression or emotion (monotone)
- a hoarse voice
- reduced facial expression

These problems are thought to occur for various reasons including:

- increased rigidity, reduced coordination and reduced strength of the muscles that control the ability to talk
- sensory processing problems – the person with PD may be unaware of how soft their voice actually is or that their speech is becoming more difficult to understand
- difficulty with cueing themselves to use a louder voice – the person with PD may be able to use a louder voice when instructed by others but finds it difficult to internally cue themselves to use a louder voice

How is LSVT[®] LOUD delivered?

LSVT[®] LOUD is an intensive treatment program that consists of:

- 16 individual treatment sessions over one month
- 4 one-hour treatment sessions per week

Clients must be highly motivated to participate in the program as it requires a significant commitment not only to attend the treatment sessions but also to complete short daily exercises and tasks at home.

Family members or carers must also be committed to provide support for the person completing the program.

The therapy is easy to do and is focused on a single goal: to speak LOUD!

Is LSVT® LOUD effective?

Over the past 15 years, studies supported by the American National Institute of Health have shown that LSVT® LOUD is a highly effective voice/speech treatment program for people who have PD. It is currently considered the 'gold standard' treatment for voice and speech problems in PD.

Those who have completed the program have shown improved vocal volume and quality, and have maintained these improvements for up to two years after having treatment.

Research studies have also demonstrated the effectiveness of this treatment in improving not only loudness but also articulation, facial expression and swallowing.

Who can participate in LSVT® LOUD?

Any person with PD who is motivated and committed can potentially participate in the program. An assessment will be undertaken first to determine your potential to benefit from the treatment.

The program may not be as effective for people who have very severe speech or voice difficulties, people who have had Deep Brain Stimulator surgery or people who have significant problems with thinking and memory.

Where can I access the LSVT® LOUD program?

The LSVT® LOUD program is currently offered at the St Vincent's Community Rehabilitation Centre which is located at St George's campus in Kew. A certified Speech Pathologist runs the program.

Referrals can be initiated by the person with PD, their family or carers (provided the person with PD gives consent), a GP or another healthcare professional.

Who can I contact for further information about LSVT® LOUD?

Enquiries and referrals can be directed to:

Renee Walker

Speech Pathologist

St Vincent's Community Rehabilitation Centre

283 Cotham Road, Kew VIC 3101

Tel: (03) 9816 0660 (Tuesday to Friday)

Fax: (03) 9816 0661