


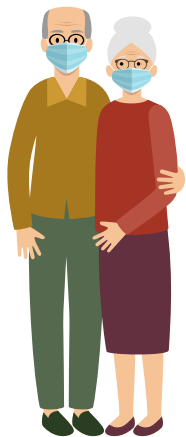
Navigating Masks and Parkinson's disease – keeping yourself heard!

For a person with Parkinson's disease, communicating while wearing a mask can provide extra challenges. Here are a few tips that may improve communication.



- Increase vocal loudness (but not yelling or shouting)
- Speak slower and in shorter phrases
- Look directly at your communication partner to optimize hearing and intelligibility
- Tell your listener what topic you are going to be talking about
- Ask yes/no clarifying questions as needed
- Reduce background noise
- Use personal amplification devices
- Use a clear mask where the mouth is visible
- Gesture to convey your message 
- Consider alternative ways to communicate (written, text, text to speech)

Additional considerations for people with PD



- Speak with increased effort. Use the voice and effort you would use to be heard in background noise, even when in a quiet environment.
- Check-in with your speech therapist for specific recommendations for you.
- Speak in shorter sentences, focusing on a good vocal effort.
- Hydrating is harder when wearing a mask. Ensure you are staying hydrated throughout your day when not masked.

For additional information and links to helpful resources:

<https://blog.lsvtglobal.com/navigating-masks-and-parkinsons-disease-keeping-yourself-heard/>



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