

PARKINSON'S DISEASE COMMUNICATION AND SWALLOWING WELLNESS GROUP

Time: Tuesdays and Thursdays 4:00-5:30

Dates: May 21, 2019 to June 20, 2019 (2 days per week x 5 weeks; 10 sessions total)

Cost: \$150 per person per semester for 10 sessions; full scholarship funds available*

Location: Center for Language, Speech and Hearing, UMass Amherst: 358 North Pleasant St., Amherst, MA.
The Center is handicapped accessible with parking immediately adjacent to the building

Come join Lisa Sommers, M.A., CCC-SLP and the graduate students of the Department of Communication Disorders at UMass Amherst for 10 sessions of techniques and education focusing on improving and strengthening your communication, cognitive, and swallowing skills.

Our focus will be on wellness and prevention in a group setting as well as in 1:1 interactions with the graduate students. Group will be run with 10 participants maximum; 5 minimum. This group is appropriate for all severity levels of PD; even those who are newly diagnosed and are not exhibiting any symptomatic changes in communication or swallowing. Family members/significant others are welcome as well!

10 group sessions will be organized around the following modules:

- Voice (Lisa is LSVT certified and will incorporate education and training related to these techniques, as well as give you recommendations regarding whether the LSVT program is appropriate for you)
- Articulation
- Facial expression/Affect
- Understanding how we swallow and what can go wrong in PD
- Swallowing exercises and strategies
- Diet consistency and general nutrition recommendations and suggestions
- Posture and respiratory support for speech
- Cognitive challenges associated with PD and fun cognitive stimulation activities that you can do at home.

A program of basic communication and swallowing exercises will be addressed over the course of the 5 weeks and will be provided to you at the end of 10 sessions. Communication Disorders graduate students will work with you to learn the exercises and teach you how to carry out the program on your own. You will leave the group with recommendations about whether skilled SLP services are needed. AND, to top it all off, we will have fun!!!! Please call 413-545-4010 if you are interested in participating.

**This program is supported by a grant from the American Parkinson's Disease Association MA Chapter, which provides funds to help defray the costs of the group.*

