



2025 Speech Therapy Resources for PASB

<https://www.mypasb.org/speech-stettler>

Speech Therapy Programs

LSVT LOUD

Intensive program to improve vocal loudness, clarity, and speech intelligibility.

Format: Formal therapy with trained therapist (4x/week, 4 weeks).

Website: <https://www.lsvtglobal.com/LSVTLOUD>

Speak Out!

Therapy program by Parkinson Voice Project to improve speech and swallowing through structured exercises.

Format: Formal therapy with trained therapist (1-3x/week, ~4 weeks as well as independent practice with a workbook)

Website: <https://parkinsonvoiceproject.org/program/speak-out/>

Devices

Respiratory Muscle Strength Training (RMST/EMST)

Breathing through a pressurized device that strengthens breathing and coughing muscles, and can improve voice, swallowing, and airway safety.

<https://emst150.com/health-conditions/parkinsons-disease/>

<https://thebreather.com/collections/all-products>

Apps

Sound Meter Apps

Smartphone apps to measure voice loudness (in decibels). Helpful for self-monitoring while practicing speech.

Examples:

- Decibel X (iOS or Android)
- NIOSH Sound Level Meter (iOS)
- Sound Meter Decibel (Android)

Online Practice

SPEAK OUT! Online Practice

Free online videos by Parkinson Voice Project for daily home practice.

Website: <https://parkinsonvoiceproject.org/program/parkinsons-speech-exercises/>

Sing-Along Sessions

Group singing sessions that improve voice, breathing, and confidence.

Website: <https://parkinsonvoiceproject.org/program/sing-alongs/>