

# Caregiver Tips for *LSVT LOUD*<sup>®</sup>

People living with Parkinson's disease or other conditions may feel like they are speaking at normal loudness levels, when in fact their volume is too quiet. Through LSVT LOUD<sup>®</sup>, they will learn to recognize this difference and how to speak with louder, more normal volume.

## 1. Learn how to provide support with simple cues

- The clinician will teach you how to support carryover of the louder voice at home.
- Use simple phrases provided by clinician, such as "Think LOUD!" or "Speak LOUD!"
- Decide together when it is OK for you to cue or remind your partner to use their louder voice (e.g. lunch time).
- Show what to do instead of overexplaining. The clinician may recommend that you also learn how to do the exercises so you can practice with them at home.
- Observe a therapy session(s) so you can see and better understand the exercises.
- Ask the clinician if you can "lead" a portion of a session so that the clinician can provide feedback on your cueing.
- Help plan exercise time – ideally when medication is working best.
- Have patience! Be empathetic. New habits take time.

## 2. Optimize communication environments for success

- Speak face-to-face.
- Turn down background noise such as the TV at home or stereo in the car.
- Choose seating in a quieter area at crowded environments such as restaurants.
- Give extra time for information processing. After commenting or asking a question, pause and wait for a response (e.g. count to 10).

## 3. Use positive words and experiences

- Focus on when they get it RIGHT.
- Positive reinforcement is powerful. Use feedback such as "Remember to use your LOUD voice!" versus "Stop speaking so quietly!"
- When you notice they are using their LOUD voice, encourage them to continue with words such as, "I can hear you." or "That voice sounds great."
- Help facilitate positive interactions beyond yourself such as setting up phone calls, Zoom sessions, or in-person get togethers so others can comment on the new louder voice.

## 4. Be empowering

- Step back and let them try something first before you jump in to help or do it yourself.
- Allow them to take on roles that they may have stopped doing after Parkinson's such as answering phone calls.
- When possible, minimize doing tasks for them, even if it takes more time or is more efficient for you to do it yourself.

## 5. Homework Helper Video

- Available in DVD, download and streaming formats to support home exercise practice.

Scan for more information about the Homework Helper Video

