



Parkinson's Links

Katherine Crawford
Director of Support and Local Networks



live loud!

A project to shout about

What is live loud!?

- Led by trained volunteers for people whose **voice has been affected** by the condition.
- Regular **group sessions** to practice using voice in different ways.
- Increases **confidence to communicate** and improves volume and quality of voice.
- People can **access sessions** for **as long as they need** to.



why is it so valuable?

- More than **80%** of people with Parkinson's have **voice** or communication **difficulties**.
- It can have a **negative impact on confidence to communicate**.
- People **can withdraw** from family and **community** life.



the activities

- **Projecting the voice** and reading aloud.
- Practice **everyday scenarios**
- **Word games** and tongue twisters.
- Discussions and **quizzes**
- Strategies **challenging situations.**
- Breathing, physical and **vocal exercises.**



SIX pillars of Taking Control

- **Positive** thinking
- Getting **informed**
- Getting **involved**
- Making **plans**
- Doing **things people enjoy** and help people live life to the full
- Staying **connected** to others



next steps

- Available in **two Local Health Board areas**, including Cardiff.
- Plans to **roll out to three areas** in the next year.
- Wouldn't it be **great if we Live Loud! everywhere?**



feedback

- Participants **score themselves** against six areas of taking control and we help to increase these scores.
- Participants **share how** their condition **interferes with their communication**.
- Exercises are repeated periodically to evaluate progress.
- **People tell us** what the **project is doing for them**, as well as families and health colleagues.



live loud in action

“Live Loud! has helped me speak loudly and clearly. I have Dyskinesia – and a stutter I’m conscious of. Coming here has helped increase my confidence and helped me keep trying.”

Cardiff Live Loud! participant

“I’ve met great people. It’s a learning process. Regularly participating in physical and speaking exercises makes me feel more confident in public.”

Cardiff Live Loud! participant

“I can’t believe the difference since my patient started coming to Live Loud! It’s like night and day. Before he had pretty much given up, but now he’s like a different man. Determined, positive, confident.”

Parkinson’s nurse

While we were walking,
we were watching window
washers. wash Washington's
windows with warm washing
water.

Who are the
Live Loud!
Warriors?

We Are! Oooooohhhh!

One, two, three, four,
Listen to our Live Loud! roar.
Five, six, seven, eight,
We're fighting back and we feel
great!

I float like a butterfly,
sting like a bee,
I have Parkinson's,
But it doesn't have me!

Shout it Loud!



Your questions

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Want to find out more?

Suzanne Marchment

South Wales area development manager

0300 123 3671

smarchment@parkinsons.org.uk

