

How Can a Speech Pathologist Help Me?

A speech pathologist can help you:

- Improve your voice and speech so people can understand you better
- Assist you with eating and swallowing problems
- Teach you strategies to improve your memory
- Teach you strategies to help you find the words you are trying to say

When Should You See a Speech Pathologist?

- You begin to notice changes in your voice, speech, memory, or swallowing
- You notice these changes begin to cause limitations in your life

Seeking Help!

- Before you contact a Speech-Language Pathologist (SLP)
 - Talk to your physician. Ask your physician for a SLP referral.
 - Contact your health insurance company. Find out what information and procedures they require for reimbursement for a speech therapy or swallowing evaluation. Ask for a list of speech-language pathologists covered by your insurance.
- Find a SLP who ***has experience in treating persons with Parkinson's disease.*** Here are some ideas to help you find the right person to help you:
 - Call the National Parkinson Foundation Helpline at 1-800-4PD-INFO (1-800-473-4636). A Parkinson information specialist can search your area for a speech pathologist with experience in treating persons with Parkinson's disease.