



LSVT Global® Public Webinar Series

Title: A Crash Course for Care Partners: How to Help People Receiving LSVT LOUD® and LSVT BIG®

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Laura Guse, BSPT, MPT**

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**A Crash Course for Care Partners:
How to Help People Receiving
LSVT LOUD® and LSVT BIG®**

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Plan for Webinar

- Logistics
- Presentation of Content
- Address your questions
- Survey

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Instructor Biographies

Elizabeth Peterson, MA, CCC-SLP
Ms. Peterson received her master's degree in Speech, Language and Hearing Sciences from the University of Colorado-Boulder. She began working with Dr. Lorraine Ramig's research team while completing her master's thesis. She has worked as a research associate at the National Center for Voice and Speech-Denver and the University of Texas Health Science Center, San Antonio and primarily delivers LSVT LOUD in a research setting. Ms. Peterson is currently involved in Dr. Ramig's research investigating the short and long-term impact of LSVT LOUD on neural underpinnings of speech in Parkinson disease.

Laura Gusé, BSPT, MPT
Ms. Gusé has extensive experience treating people with neurodegenerative disorders in various practice settings. She was LSVT BIG certified in 2009 and now serves as Chief Clinical Officer of LSVT BIG. Ms. Guse' oversees the training, curriculum and product development related to LSVT BIG, and has helped to create many of the current LSVT BIG treatment tools, webinars, and courses. She has spoken at many national and international conferences on topics related to LSVT BIG.

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Disclosures

- All LSVT® faculty have both financial and non-financial relationships with LSVT Global.
- Non-financial relationships include a preference for LSVT LOUD® and LSVT BIG® as treatment techniques.
- Financial Relationships include:
Ms. Peterson and Ms. Gusé are employees of LSVT Global and receive lecture honorarium and travel reimbursement.

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Information to Report CE Activity

- This LSVT Global webinar is NOT ASHA or state registered for CEUs for speech, physical and occupational therapy professionals, but it may be used for self-reported CEU credit as a non-registered/non-preapproved CEU activity.
- If you are a speech, physical or occupational therapy professional and would like to self-report your activity, e-mail webinars@lsvtglobal.com to request a certificate after completion of the webinar which will include your name, date and duration of the webinar.
- Licensing requirements for CEUs differ by state. Check with your state PT, OT or Speech licensing board to determine if your state accepts non-ASHA registered or non pre-approved CEU activities.
- Attendance for the full hour is required to earn a certificate.



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Learning Objectives

Upon conclusion of this webinar, participants will be able to:

- Identify two non-motor symptoms that contribute to softer voices and smaller movements in people with Parkinson's (PWP).
- Discuss the elements of the LSVT Protocols.
- Identify at least three tips to help optimize success for your PWP during LSVT treatment.
- Discuss the importance of homework during and after treatment and how you can help your PWP with homework.
- Discuss ideas to help avoid care partner burnout.

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Poll #1. Who is joining us?

- Person with Parkinson's
- Family member, friend or care partner
- Physical or Occupational Therapist/Assistant (including students)
- Speech Language Pathologist/Assistant (including students)
- Other

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Breakdown of our top tips!

- Understanding key motor and non-motor symptoms (sensory disorder, internal cueing deficit) common in Parkinson's disease (PD)
- What do the LSVT Programs entail?
- General tips from LSVT clinicians
- Success through homework – during treatment and beyond!
- Care Partner Resources

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Understanding symptoms in PD

Motor Disorder **Non-motor Disorder**

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Motor Symptoms of PD

- Rigidity
- Tremor
- Bradykinesia - slow movement
- Hypokinesia – small, under-scaled movement
 - Results in quieter, flatter voice
 - Results in smaller movements (arm swing, strides, finger movements in fine motor tasks, reaching, etc.)
 - Becomes more severe as PD progresses
 - Takes a lot of EFFORT on patient’s part to override and “scale up” to normal



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Non-Motor PD Symptoms

- Depression
 - 25% major/17% minor
 - Precedes motor symptoms
 - May contribute to dementia
- Loss of higher cognitive functions
 - Shifting cognitive set
 - Slow thinking
 - Retrieval
 - Internal cueing
 - Sustaining attention
- Dementia
 - 30%
 - Occurs 6.6 times as frequently than in elderly non-PD, shortens survival
- Autonomic abnormalities
 - Hypotension, bowel/bladder, sexual, blurry vision, short of breath
- Sensory changes
 - Pain, tingling, burning
 - Generalized decreased Kinesthetic awareness
 - Self-perception/monitoring
- Sleep Disorders
- Emotional Changes
 - Anxiety
 - Apathy

Motor and nonmotor symptoms can negatively impact speech, voice, swallowing, communication, mobility, balance and activities of daily living in people with PD.

Goldman & Postuma, 2014; Schapira, Chaudhuri, & Jenner, 2017

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Sensory Disorder: Scaled down output

Posture: Patient may be leaning, falling and be “unaware”.

Gait: Patient thinks others are walking faster now. Is unaware of reduced arm swing.

Speech: Patient denies being reduced in loudness, thinks others need a hearing aid.

When asked to move bigger, it feels TOO big.

When asked to speak louder, it feels like shouting.

Fox et al, 2002 (Review)

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Internally vs. Externally Cued Movements

PD results in disruption of *internal* cue or trigger for movement (patients do not self-initiate)

Deficits in self-initiated movements due to under-activation of supplementary motor area (SMA)

Patients can get louder or move bigger with *external* cue


Jahanshahi et al., 1995; Sapir et al., 2011

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It's not easy....

What you can do:

- Learn about the sensory deficits.
- Experience what it feels like to talk "too loud" and move "too big".
- Understand the internal cueing deficits.
- Appreciate the *effort* required to move bigger and talk louder in PD.



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What are the LSVT programs?

How do they address motor and non-motor symptoms affecting voice and movement?



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LSVT Protocols:
Based on 30 years of federally funded research and clinical experience

LSVT LOUD is speech therapy
Delivered by LSVT LOUD Certified Speech-Language Pathologists


LSVT BIG is physical/occupational therapy
Delivered by LSVT BIG Certified Physical or Occupational Therapists

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What do the LSVT Programs Entail?

- Structured, evidence-based, rehabilitative treatment protocols developed specifically for PD but can be used for other conditions
- Adhere to principles of motor learning and activity dependent neuroplasticity
 - Intensive and challenging EXERCISE, specific to the unique features of PD
 - Personalized and specific functional training of voice, mobility and activities of daily living

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Intensive Training and Practice is Key to Motor Learning and Neuroplasticity!


Intensity across sessions:

- Treatment delivered 4 consecutive days a week for 4 weeks
- Daily homework practice (all 30 days of the month)
- Daily carryover exercises (all 30 days of the month)
- Develops life-long habit of practice

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Intensive training *within* sessions:

High effort:
 Amplitude
 Repetitions
 Force/resistance
 Accuracy
 Fatigue



What does the research say?
 Intensive practice is important for maximal plasticity
 (Kleim & Jones, 2008)

**Intensive EFFORT is needed to OVERRIDE
 bradykinesia and hypokinesia!**

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LSVT LOUD Treatment Session

Daily Exercises

1. Maximizing amplitude of speech
2. Sustained speech
3. ...

Hierarchy Exercises

Structured retraining of spontaneous speaking

Build on treatment goals

Weekly

Weekly

Weekly

How

Including any exercise

Carryover

Use loud voice for the remainder of the treatment room for all 30 days

Core amplitude rescaling exercises

Translation of amplitude to functional, salient, individualized goals

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Calibration Training



LSVT LOUD addresses a **MISMATCH** between one's perception of their vocal loudness and how others perceive it.



"I feel like I'm shouting."

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LSVT LOUD Goal!

Treatment Exercise: "long ah", "high/low ah"

Treatment Goal: louder voice in conversation

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LSVT BIG Treatment Session

Maximal Daily Exercises

1. Floor to Ceiling
2. Side to Side
3. Forward
4. Backward
5. Diagonal

Functional Component Tasks

5 EVERYDAY tasks each

For each task, practice

Practice using larger amplitude in functional tasks which are important to you!

Core exercises-
"Building Blocks"


Practice using larger amplitude in functional tasks which are important to you!

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Calibration Training

LSVT BIG addresses the **MISMATCH** between one's perception of their movement and how others perceive it.

"I can't walk like this. People will think I'm crazy!"



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LSVT BIG Goal

Generalization to functional activities in daily life!




Treatment Exercise:
Rock and Reach



Treatment Goal: Improved ability to reach things
from high shelves

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Questions to ask an LSVT LOUD or LSVT BIG clinician

*Are you currently accepting patients? If so, move on to these four questions:

1. Do you deliver the gold standard dosage of LSVT LOUD or LSVT BIG?
 - Four days a week for 4 weeks
 - Individual 60-minute sessions
 - Daily homework and carryover assignments
2. How many LSVT LOUD/LSVT BIG clients have you treated?
3. What are your typical outcomes?
4. Do you have a follow-up or maintenance plan for your clients?

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If the "LSVT" treatment is anything other than the dosage, exercises, homework and carryover described-

It is NOT actually LSVT.

There are no modified versions.

Treatment fidelity is KEY!

If a clinician offers any modified version, don't do it!
You will not receive the benefits of treatment we have established in our 30 years of research.

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How can care partners help during and after LSVT LOUD/LSVT BIG?

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**Tips from LSVT Clinicians-
Use Positive Words and Experiences.**

- **Focus on when the PWP gets it RIGHT, not wrong.**
Examples: "I can hear you." "That voice sounds great." "You are walking right next to me!"
- **Help facilitate positive interactions beyond yourself.**
Examples: Set up phone calls, Zoom sessions, in-person get togethers when possible etc. so others can comment on the new louder voice and improved movement.

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**Tips from LSVT Clinicians-
Be Empowering.**

- **Step back and let them try something first before you jump in to help or do it yourself.**
- **Allow the PWP to take on roles that they may have stopped doing after PD.**
Examples: Answer phone calls, write thank you notes, helping with household chores
- **Stop doing everything for them, even if it takes more time or is more efficient for you to do it yourself.**

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**Tips from LSVT Clinicians-
Learn how to be a good coach.**

- Observe a therapy session(s) so you can see and better understand the exercises. Learn the exercises yourself if you need to be a coach.
- Ask clinician if you can “lead” a portion of a session so that the clinician can provide feedback on cueing.
- Speak with clinician in the middle of the month of treatment to provide insight into patient’s progress at home.
- Have patience! Be empathetic. New habits take time.

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Communication Tips from LSVT Clinicians

Optimize Communication Environments for Success

- Speak face-to-face
- Turn down background noise (*Examples: TV at home, stereo in car*)
- Choose seating in a quieter area at crowded environments (*Example: restaurants*)

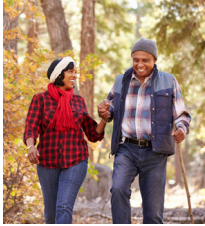
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Insights from people with PD

- “It is hard and frustrating. Be patient.”
- “Encouragement. The best gift!”
- “My wife is very knowledgeable and supportive - she adds new exercises to our ever-expanding mix. Rather than getting discouraged, she incorporates new lessons without complaint making it easier for me remain committed to my exercises.”
- “Encourage me to do it at home. Do it with me, time me, give out encouraging words.”

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Success through homework – during treatment and beyond!



Daily exercise practice life-long

- Homework Helper videos (DVD/download/streaming)
- LSVT Companion
- Take 25% off with **DVDNOW** code.
- <https://www.lsvtglobal.com/store/ldaStoreLSVT>

New Group Exercise Options!

- LOUD for LIFE® and BIG for LIFE®

Regular LSVT “Tune-ups” every 3-12 months

Other enjoyable activities and fitness for PD


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Caregiver Tips Video



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Home Routine is Critical



- By the end of the one month of LSVT treatment, clients should have a well-established homework routine they **can and will** continue on their own
- Importance of homework should be discussed during assessment
- If homework routine is not followed, therapist will assist with finding solutions or discussing alternative interventions

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Homework during Treatment

LSVT LOUD

- 5-10 minutes one other time on treatment days
- 15-20 minutes **twice** a day on non-treatment days

LSVT BIG

- 15-20 minutes one other time on treatment days
- 15-20 minutes **twice** a day on non-treatment days

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Components of Homework

<p>LSVT LOUD</p> <ul style="list-style-type: none"> • Daily exercises <ul style="list-style-type: none"> • Long ahs • High/low ahs • Functional phrases • Speech hierarchy exercises • Carryover Assignments 	<p>LSVT BIG</p> <ul style="list-style-type: none"> • All 7 Daily Exercises • All 5 Functional Component Tasks • BIG walking • Carryover Assignments
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Homework is NOT optional!
Homework is a KEY to long-term success!
 Homework makes the patient feel better and speak/move better!

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After treatment, continue daily dose of LSVT homework exercises!

The best combination for success!

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**Post-Graduate Groups:
LOUD for LIFE® and
BIG for LIFE®**

Group exercise *maintenance* class specifically for patients who have completed the **FULL LSVT Protocol!**

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**Finding a
LOUD for LIFE or
BIG for LIFE Class**

- Go to www.lsvtglobal.com
- Click "Find LSVT Clinicians"
- Select desired provider type (LSVT LOUD or LSVT BIG)
- Type in your location information in the search bar
- Choose the distance you would like to search
- Look for the designation of "LOUD for LIFE Provider" or "BIG for LIFE Provider" under title



Angela Halpern

MS, CCC-SLP
Speech Language Pathologist

eLOUD Provider
LOUD for LIFE Provider

- ▾ A.H.Consultant, L.L.C.
- ▾ National Center for Voice and Speech Denver

[View Details](#)

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How care partners can help with homework

- Help establish a homework routine. (e.g. time/place)
- Help with set up. (e.g. get chair, load video, set up LSVT Companion, etc.)
- Remind client to *do* their homework if they tend to forget.
- Check in on homework each day. Can even write a note on homework form on how you helped.
- Ask or observe what patient did at therapy so you are aware of progress/setbacks.
- Cue or coach if appropriate or necessary. Attend therapy sessions to learn how to be the best coach you can be.
- Help with follow-up appointments and finding LOUD for LIFE or BIG for LIFE classes.

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- Work with clinician on when to cue
- Keywords when cueing
- Signs/reminders around house
- Seek respite care or find other family members and friends to help with driving to appts, setting up ZOOMs, etc.
- Support groups offered for both PWP and care partners
- Take time for self-care!

Care Partner Reprieve
Avoid burnout!

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Parkinson's Foundation, Caregiver Information:
<https://www.parkinson.org/Living-with-Parkinsons/For-Caregivers>

American Parkinson Disease Association, Care Partner Information:
<https://www.apdaparkinson.org/resources-support/for-caregivers/>

World Parkinson Coalition, Care Partner Virtual Panels:
<https://www.worldpdcoalition.org/page/carepartner>

Davis Phinney Foundation, Caregiver Information:
<https://davisphinneyfoundation.org/tag/caregivers/>

Michael J. Fox Foundation, Care Partner Information:
<https://www.michaeljfox.org/news/care-partners>

Care Partner Reprieve
Recommended Resources

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PMD Alliance Online Support Group for Care Partners:
<https://www.pmdalliance.org/events/resilience-online-support-group-care-partners-2020-09-10/>

Caregiver Action Network:
<https://caregiveraction.org/>

NeuroTalk Communities:
<https://www.neurotalk.org/>

National Alliance for Caregiving:
<https://www.caregiving.org/>

CurePSP, Care Partner Resources:
<https://www.psp.org/needsupport/carepartner-resources/>

Care Partner Reprieve
Recommended Resources

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How can I learn more about LSVT LOUD and LSVT BIG?

ON OUR BLOG:

- <https://blog.lsvtglobal.com>
- Research Articles
- Monthly Webinars on Hot Topics!
- On Demand Webinar Library
- Featured Blog Articles, Testimonials, and Videos
- Live Seminars

ON OUR WEBSITE

- www.lsvtglobal.com
- Patients & Family Section
- What is LSVT BIG? What is LSVT LOUD?

SOCIAL MEDIA

- LSVT Global – Facebook, Instagram, Twitter, Linked In

EMAIL
Ask our experts at info@lsvtglobal.com

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Summary

- PD is more than just a motor disorder. Understanding non-motor components such as sensory changes and internal cueing deficits can help care partners better empathize with the difficulties PWP have speaking loud and moving big.
- LSVT Protocols are evidence-based and created specifically for individuals with PD. Care partners can help their loved one optimize communication and movement improvements by ensuring they are receiving LSVT LOUD or LSVT BIG by a certified clinician.
- Care partners can play a helpful role at home to ensure success carries over outside of treatment by following recommendations from clinicians.
- Homework during and after treatment is critical to achieve and maintain a louder voice and bigger movements. Care partners can help make sure their loved one is on track with homework and continued practice.
- Caregiving can be a rewarding yet exhausting role. Be sure to make time for yourself and enlist help from others to avoid caregiver burnout.

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Behind the Scenes with Organizations Supporting the Parkinson's Community

Date: Wednesday, September 16, 2020
Time: 2:00 PM - 3:30 PM Eastern Daylight Time (EDT) (EDT is UTC - 4 hours)

Many organizations are available to help members of the Parkinson's community through missions focused on education, research, support and more. Join representatives from a variety of Parkinson's organizations as they share what makes them unique in their quest to serve those with Parkinson's and others involved in their care.

<https://blog.lsvtglobal.com/public-webinars/>



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How to ask questions



1. Type in the question box on your control panel
2. Raise your hand! (click on the hand icon in your control panel)
 - Your name will be called out
 - Your mic will be unmuted, then you can ask your question out loud.
3. Email info@lsvtglobal.com if you think of questions later!

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The logo for LSVT Global, featuring the letters 'LSVT' in a large, bold, blue font with a white outline, and the word 'GLOBAL' in a smaller, blue font below it. The logo is set against a white background with a blue curved shape behind it.

Thank you!

info@lsvtglobal.com
www.lsvtglobal.com

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