



Is ageing, disability, injury or illness affecting your ability to be heard? The pitch, pace, pause, tone and volume of your voice comprises about 38% of all your communication.

We challenge you to reflect on the quality of your voice, to take action to improve it whether or not you have lost it.

World Voice Day on 16 April, is an annual event highlighting the significance of the voice in our daily life.

The quality of your voice affects your communication, so it matters. There is a range of things you can do to improve it, such as:

- joining a choir
- attending a drama group
- going to a speech and drama teacher

If your problem is significant then we recommend you see a Speech Language Therapist through the public health system or privately.

Difficulties with vocal expression are common in neurological conditions. For example, in Parkinson's Disease, the voice can become very quiet, rapid, flat and monotone. Following a stroke, people may experience a complete or partial inability to form spoken words. Even with the ability to plan words and sentences people may lack the muscle coordination, making words sound slurred and incomprehensible.

Singing can be a route to overcome some speaking difficulties. For example, it is well-known that people who stutter can often sing quite well; the underlying rhythm provided by music can overcome the difficulties in planning the sequencing of regular speech.

Research shows, after trauma the brain may recover some abilities given effort and the right stimulation. Like getting fit, rewiring the brain (neural plasticity) requires intensive exercise to be done accurately and regularly.

If you have a problem with your voice our Speech Language Therapists can help.

Just contact us

Phone: 03 3775280

Email: admin@tpl.nz

Check out this website: <http://world-voice-day.org/>