


**MAYO CLINIC**



**Communication & Swallowing**  
MSA, CBD & PSP

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Cure PSP and Mayo Clinic  
Family Conference  
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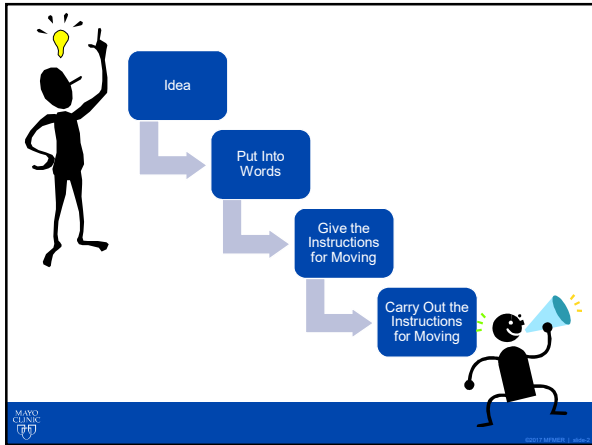
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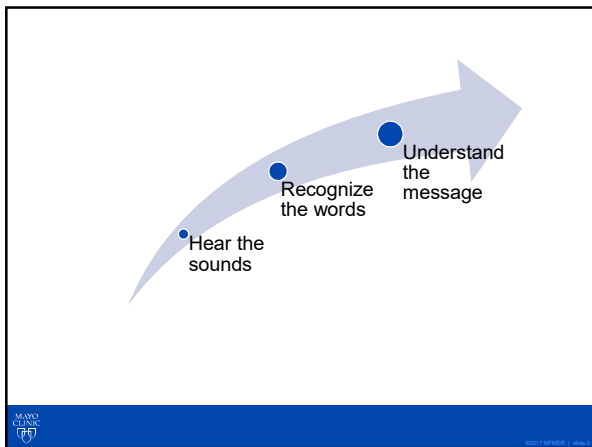
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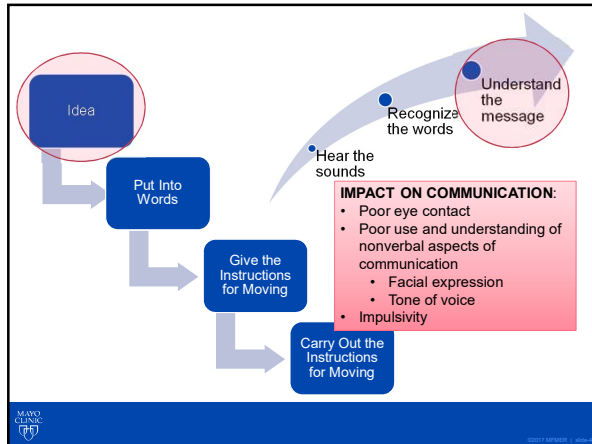
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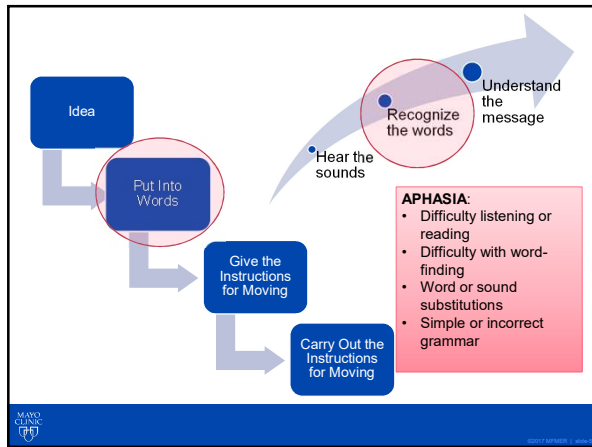
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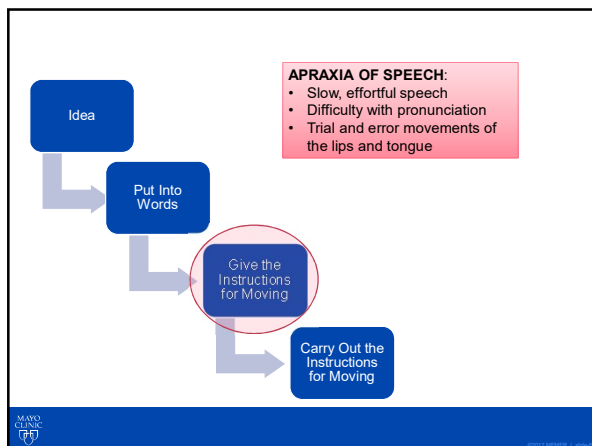
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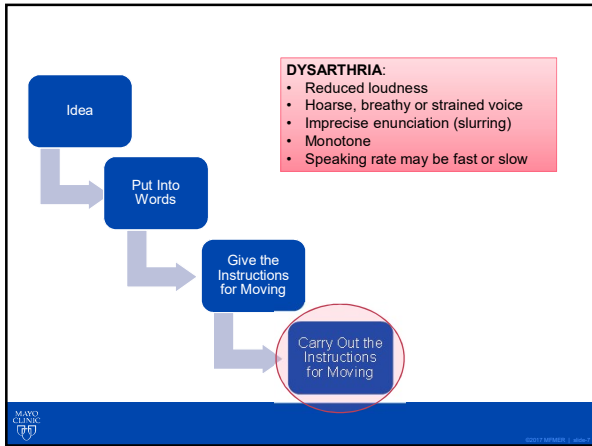
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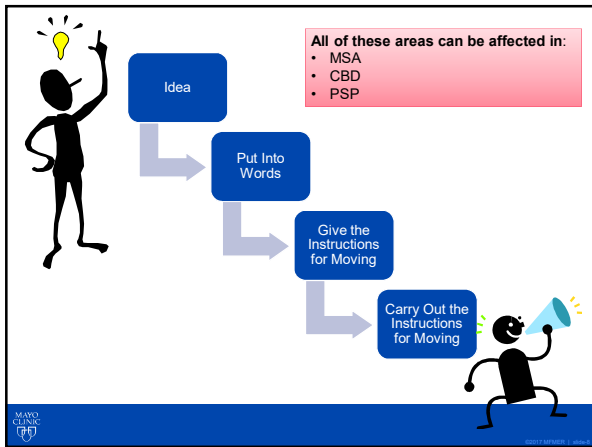
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Managing Communication Difficulties

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### Can therapy be helpful?

- Yes
  - Traditional therapy
    - Establish new habits
    - Identify strategies
    - Troubleshoot
  - Periodic consultation
    - Re-evaluation
    - Identify strategies



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### Comprehensibility Strategies

What is **comprehensibility**?

- Comprehensibility means making sense of the message no matter how it is conveyed.
- It depends on all participants in the conversation and can be made easier or more difficult by the environment.



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### Comprehensibility Strategies

Optimizing the environment



Speaker behaviors



Listener behaviors



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### Optimizing the environment

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### Optimizing the environment



- Be in the same environment!
  
  
- Avoid communication over a distance

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### Optimizing the environment



- Reduce distractions
  - Auditory and visual distractions
  - Multi-tasking

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### Optimizing the environment



- Choose the time and place for communication

Avoid important conversations when the speaking or listening will be difficult



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### Speaker Behaviors



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### Speaker behaviors



- Speech-focused
  - Focus on how you're saying it
- Language-focused
  - Focus on what you're saying
- Communication-focused
  - Focus on what you're doing



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Speaker behaviors: Speech-focused

- Speak slowly



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Speaker behaviors: Speech-focused



- Speak **very** slowly\*
  - Pause briefly between each word
  - Pay attention to the small words
  - Do not separate syllables within words
  - Include every syllable
  - Maintain intonation (may have to slow even further)

*\*when intelligibility is more dramatically impacted*



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Slow speech video



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**Speaker behaviors: Language-focused**

- When repeating
  - The first repetition, say it exactly as you said it the first time
  - Then rephrase, but make sure the listener knows you're rephrasing



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**Speaker behaviors: Communication-focused**

- Get the listener's attention
  - Call his/her name
  - Wait until the listener is watching your face



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**Speaker behaviors: Communication-focused**

- Use all modalities available
  - Speak
  - Point
  - Gesture
  - Facial expression
  - Pictures (point or draw)
  - Write
  - Text
  - Type



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Listener Behaviors



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Listener behaviors 

- Give your undivided attention
- Move close to the speaker
- Watch the speaker



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Listener behaviors 

- Avoid the least helpful question in the English language



<http://propercourse.blogspot.com>

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**Listener behaviors** 

- Avoid the least helpful question in the English language

**WHAT?**

- Repeat the part of the message you heard
- Ask yes/no questions for clarification

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**Managing Swallowing Difficulties**

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**Common swallowing difficulties in PSP**

- Coughing/choking with liquids
- Taking too large bites/sips (impulsiveness)
- Slow chewing
- Swallowing several times

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### The Trick to Swallowing

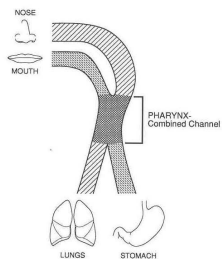


Figure 1-1 The pharynx is the crossroad for the overlapping channels that move air and food.

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### Tips for Swallowing

- General suggestions
  - Avoid distractions
  - Don't talk while eating
  - Clean your mouth before and after eating

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### Tips for Swallowing

- Selecting foods
  - Foods that are more difficult or more dangerous
    - Foods that require a lot of chewing
    - Foods that fall apart
    - Foods that are both a solid and a liquid
  - Thin liquids

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**Tips for Swallowing**

- Selecting foods
  - Foods that are easier or safer
    - Moist foods
    - Thicker liquids



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**Tips for Swallowing**

- While eating
  - Take small bites
  - Swallow twice
  - Alternate solids and liquids



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**Tips for Swallowing**

- While drinking
  - Keep head neutral or chin slightly down
  - Avoid tipping head back
    - Using a straw will help prevent you from tipping your head back, but only if you take small sips...
  - Thicker liquids are easier to swallow



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### Tips for Swallowing

- Pills
  - Place pills in a spoonful of moist food such as yogurt, applesauce, pudding, oatmeal, etc.
  - Follow this with a sip of liquid



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### Questions & Discussion



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