

Motor Speech

Department: Speech and Language

Priority: Core Class

Overall purpose of class:

To assist students in developing an awareness of the physiological basis of speech and of the physical mechanism for posture, symmetry, eye-contact and speech production. The class provides exercises and motivation to help students develop the most effective and efficient use of their speech musculature and mechanism. Focus is on speech intelligibility, animating speech, speaking with appropriate inflection, safe swallowing, voice, respiration and resonance. Students become aware of oral movements necessary for optimal speech production. Exercises included activities for strength and coordination needed for volume, variation, pronunciation and rate of speaking.

Number of classes held per week:

Daily

Optimum class time:

Not critical to have in the morning.

Instructor requirements:

1 Speech/Language Therapist

Number of students:

Up to 20

Student ability range and limitations:

With individual adaptations, this class can accommodate a wide range of speech and language skills.

Space and Equipment requirements:

Room with a mirror

Good chairs and room for wheel chairs

White or chalk board

Student Needs to be met from the perspective of the instructor:

- Students are recommended for this class who need to increase articulation skills, breath support, intelligibility, prosody and/or rhythm.
- Students with difficulty swallowing are given high priority.
- This class is especially effective for students with Parkinson's Disease.

Typical Student Goals that lead to placement in the class:

- Students with Parkinson's Disease and Multiple Sclerosis frequently request this class with the goal of increasing facial expression, volume and breath support, as well as vocal endurance.
- Slurred or dysarthric speech motivates stroke survivors to request the class to help meet their goals.
- Typical student and family goals are also to improve swallowing problems and saliva management.

Suggested Lessons and Activities:

The primary challenge for the instructor in this class is to find lots of ways to make repetition and drills fun and continually motivating for both instructor and students. Singing, reading poetry, using improvisation, pantomime are good for improving animation, prosody, rhythm etc. Playing games like I Spy and 20 Questions to see how well other members of class can hear and understand.