

Voice



What is it?

Voice disorders are problems with the quality, pitch, and/or loudness of the voice, relative to that person's age, gender or cultural background. They might include difficulties with respiration, phonation and/or the resonance. Someone with a voice disorder might sound hoarse, raspy or croaky. Their pitch may sound too low or high, or they might be speaking really loudly or quietly. Often people with voice disorders sound as though they are talking with considerable strain.

What ChatAbout can do:

Speech therapy can work to support a person with a voice disorder by tailoring an individualised program based on the person's previous and current levels of functioning, and well as their own motivations and goals revolving their voice use. We work closely with Ear, Nose and Throat Specialists to ensure that voice therapy is the most effective it can be without causing any further harm. Voice therapy programs are designed to reduce symptoms of voice disorders by guiding systematic changes in vocal behaviour.

Speech Pathologists can help to support people with voice disorders by:

- Providing direct treatment via specific exercises or voice treatments such as Semi Occluded Vocal Tract exercises to improve voice function to create a healthier and effortless voice.
- Providing indirect treatments such as vocal hygiene education (i.e. tips on how to keep your voice the healthiest it can be).
- Evaluating any environmental modifications that might better help support your vocal therapy and health (i.e. using a vocal amplifier in your workplace)
- Increasing awareness of your voice to empower you to make meaningful vocal change outside of the clinic environment.



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