

LSVT LOUD[®]

Treatment Packet

Daily Treatment Forms

Functional Phrases Form

Think LOUD sign

Homework Forms

Homework Recommendations

***Sample functional words/phrases for hierarchy
practice***

LSVT LOUD Voice Treatment Daily Tasks Treatment Forms

Name: _____ Date: _____ Session #: _____

Time: _____ Time of Most Recent Meds: _____ Next Meds: _____

Sound Level Meter Distance to Mouth: _____

Daily Task #1: Maximum duration of sustained “ah” phonation measured in seconds and decibels of sound pressure level (dB SPL). Record SPL throughout the “ah” phonation.

Seconds

dB SPL

1. _____	_____

2. _____	_____

3. _____	_____

4. _____	_____

5. _____	_____

6. _____	_____

7. _____	_____

8. _____	_____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

Daily Average in Seconds: _____ **Daily Average in dB SPL:** _____

Range: _____ **Range:** _____

Perceived level of effort:

Cues for Loudness: Maximum Moderate Minimal None

SPL in response to “off the cuff” questions: _____

Daily Task #2: Maximum fundamental frequency range measured in Hz, or musical note and octave.

Highest Pitch:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____

13. _____ 14. _____ 15. _____

Highest Pitch Daily Average: _____

Lowest Pitch:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____

13. _____ 14. _____ 15. _____

Lowest Pitch Daily Average: _____

Perceived level of effort:

Cues for Loudness: Maximum Moderate Minimal None

Cues for Pitch: Maximum Moderate Minimal None

SPL in response to “off the cuff” questions: _____

Daily Task #3: Maximum speech loudness drill of functional phrases. Record SPL values.

1.	_____	1.	_____	1.	_____	1.	_____	1.	_____
2.	_____	2.	_____	2.	_____	2.	_____	2.	_____
3.	_____	3.	_____	3.	_____	3.	_____	3.	_____
4.	_____	4.	_____	4.	_____	4.	_____	4.	_____
5.	_____	5.	_____	5.	_____	5.	_____	5.	_____
6.	_____	6.	_____	6.	_____	6.	_____	6.	_____
7.	_____	7.	_____	7.	_____	7.	_____	7.	_____
8.	_____	8.	_____	8.	_____	8.	_____	8.	_____
9.	_____	9.	_____	9.	_____	9.	_____	9.	_____
10.	_____	10.	_____	10.	_____	10.	_____	10.	_____

Daily average of dB SPL: _____ **Range:** _____

Perceived level of effort:

Cues for Loudness: Maximum Moderate Minimal None

SPL during “off the cuff” questions: _____

Hierarchical Speech Loudness Drills: (Circle current level)

Single words/Phrases

Sentences

Paragraph Reading

Conversation

Select reading material that is relevant and salient to the patient's life. Periodically measure SPL during both reading tasks and spontaneous questions.

SPL Meter to Mouth Distance: _____

SPL during "Reading" _____

Perceived level of effort:

Cues for Loudness: Maximum Moderate Minimal None

SPL during spontaneous "off the cuff" questions (when patient is not performing loudness) _____

Perceived level of effort:

Cues for Loudness: Maximum Moderate Minimal None

COMMENTS FROM TREATMENT:

Intelligibility/Voice Quality:

Treatment:

Calibration:

Homework assignment:

Carryover assignment:

LSVT LOUD Functional Phrases Recording Form

Ten Commonly-Used Phrases/Sentences for

(1)

(2)

(3)

(4)

(5)

(6)

(7)

(8)

(9)

(10)

THINK

LOUD!

LSVT LOUD® Homework Recording Form

Schedule:

- Complete only Set 1 on days when you have treatment in the clinic, 5-10 minutes
- Complete Set 1 and Set 2 when you do not have treatment in the clinic. Complete each Set separately at different times of the day, spending 10-15 minutes on each.

Materials:

- A clock or watch with a second hand, or a digital counter
- A pen or pencil
- Optional: a sound level meter

Name: _____

Date: _____

Time of Day: _____

Time of last PD Medication: _____

DAILY TASKS:

1. Say “ah” with your loud, good quality voice for as long as you can. Try to feel the same level of effort you did in treatment with your therapist. Record the times below or check off that you have completed the tasks.

Set 1: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

Set 2: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

2. Say “ah” with your loud, good quality voice and go as high as you can, hold it for 5 seconds. Try to feel the same level of effort you did in treatment with your therapist. Place a check on each line as you complete the task.

Set 1: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

Set 2: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

3. Say “ah” with your loud, good quality voice and go as low as you can, hold it for 5 seconds. Try to feel the same level of effort you did in treatment with your therapist. Place a check on each line as you complete the task.

Set 1: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

Set 2: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

4. Read aloud from your list of 10 functional phrases and sentences using your loud, good quality voice that you learned in treatment. Check each line as you complete the phrase or sentences.

Set 1:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Set 2:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

5. Complete practice at the level circled and check when completed. Use materials provided by your therapist or favorite reading material you have at home.

Single words/Phrases

Sentences

Paragraph Reading

Conversation

Do you feel like you used the same level of effort (e.g., LOUDNESS) as you do with your therapist?

What was your perceived effort level?

6. Carryover Assignment: Remember to feel AS LOUD as you do in the therapy room when you complete this assignment.



LSVT LOUD® HOMEWORK RECOMMENDATIONS FOLLOWING THERAPY

Continue to do structured practice sessions 10-15 minutes everyday. Determine the time and place that works well for you, and maintain that schedule. I will practice: _____.

It is important to keep practicing, this will keep your new strong voice in shape.

Materials:

- a clock or watch with a digital second hand
- a pen or pencil
- optional: a sound level meter

Daily Tasks:

- ◆ 6 – 10 “AH’s”. Say “AH” using your LOUD, good quality voice as LONG as you can. Think about being LOUD and try to feel the same level of energy and loudness you did in treatment with your therapist. Record your times.
- ◆ 6 – 10 Highs. Start with your LOUD “AH” voice and then try to reach your highest pitch and hold it for 5 seconds.
- ◆ 6 – 10 Lows. Start with your LOUD “AH” voice and then try to reach your lowest pitch and hold it for 5 seconds.
- ◆ Read aloud from your list of 10 functional phrases and sentences using the LOUD voice you learned in treatment. Repeat the list 3-5 times.
- ◆ Read aloud for 5-10 minutes. Any type of reading material will do. Remember to THINK LOUD, using the same level of energy and loudness you put into treatment each day.

**The best practice is to continue to use the new strong voice
with family and friends in conversations, on the phone,
on the street, at the grocery store, etc.
This will keep your new strong voice in shape!**

Good Luck!!!!!!!

Words for Speech Exercises

Yes.	See you later.	Happy Birthday!
No.	Ready?	Really?
Help!	Let's go.	It's bad.
Thank you.	Good bye.	Watch out!
You're welcome.	I don't know.	Good night.
What?	Not now.	Did you get it?
OK	Who?	No thanks.
Good.	Oh no.	Sure.
Not bad.	How long?	Great.
Where?	What's new?	Can I help?
Hello.	Congratulations!	What happened?
How are you?	I guess so.	Come here.
I'm fine.	Later.	Not now.
What's next?	Wow!	Where is it?
Excellent!	Ouch!	
Oops!	Why?	
Good morning.	Not much.	

Phrases for Speech Exercise

Who is calling?

Get the phone.

You're kidding!

It's over there.

See you later.

You are welcome

I'm not sure.

It's time to go.

What is available?

Are we there yet?

It's time to take my pills.

Come here please.

Where are you going?

What's for dinner?

I don't feel good.

Please pass the pepper.

Could you get that?

How was your day?

Anyone call for me?

I don't need help.

Hello, this is _____.

Do you want some coffee?

Where are my shoes?

What's the weather today?

Give me the remote.

Tell them I'm not home!

Excuse me, please.

I'm good for now.

We need to stop for gas.

Have a good day.