
Compensatory Strategies for Early Changes in Speech/Voice

- Swallow saliva or sip fluid before starting to speak.
- Take a breath before speaking. Stop to take in more air before running out of breath.
- Avoid straining to speak loudly.
- Open your mouth and exaggerate the movements of your lips and tongue when speaking.
- Face your listeners, so that they can see your facial expressions and lip movements.
- Establish a topic before starting to speak to provide context for the listener.
- Do not try to speak above noise.
- Modify communicative environment: avoid background noise, encourage one person to speak at a time during group conversation, maintain close proximity to conversation partner.