

To Make a Referral

Physicians may send referrals by fax or by mail to:

**Hotel Dieu Shaver
Health and Rehabilitation Centre
541 Glenridge Avenue
St. Catharines, ON L2T 4C2
FAX: 905-688-9905**

**Please include the word
videostroboscopy in your referral.**


For more information:

Call the *Niagara Voice Program*

905-685-1381 ext. 5256

For a Voice You Like

- ◆ Avoid shouting, yelling or screaming
- ◆ Avoid clearing your throat or coughing
- ◆ Stop or reduce smoking, coffee and alcohol
- ◆ Decrease the amount of talking and singing
- ◆ Talk in a relaxed manner
- ◆ Avoid talking in noisy places
- ◆ Reduce the loudness of your voice whenever possible
- ◆ Ask your physician if you would benefit from a consultation with a Speech Language pathologist



The Niagara Voice Program

*An Interdisciplinary Treatment Approach
to Voice Care*



www.hoteldieushaver.org

What is Voice?

When you talk, the sound you produce comes from the vibration of two small bands of muscle known as the vocal folds. These are located in your larynx or voice box which is sometimes called the “Adam’s Apple”.

When something interferes with the smooth vibration of these muscles, your voice will sound different.

Common Voice Problems

Is Your Voice...

Too loud?

Too soft?

Hoarse or harsh?

Limited in range?

Strained sounding?

Hypo or hyper nasal?

Inappropriate for age or gender?

Weak or tired?

If so, then you may benefit from services offered by the Niagara Voice Program.

Voice Treatment Team

- ◆ Speech Language Pathologists
- ◆ Social Workers
- ◆ Otolaryngologist (ENT)
- ◆ Communications Disorder Assistants

An Interdisciplinary Treatment Approach to Voice Care



Treatment Approach

Treatment is provided through individual therapy or specialized treatment groups such as groups for seniors, teachers, actors and vocalists.

Program Components

Assessment

- ◆ Videostroboscopy (video images of your vocal cords)
- ◆ Consultation with an ear nose and throat doctor (ENT).
- ◆ Voice use & stress profile
- ◆ Computer analysis of vocal function

Voice Education

- ◆ How the voice is made.
- ◆ What causes voice problems.
- ◆ How stress affects voice.
- ◆ Voice care techniques
- ◆ Introduction to voice exercise

Treatment

- ◆ Warm-up activities
- ◆ Proper breathing for speech
- ◆ Pitch and tone correction
- ◆ Relaxation techniques
- ◆ Lifestyle changes
- ◆ Stress management skills

Home Program

- ◆ Ongoing vocal exercises
- ◆ Maintaining lifestyle changes