What symptoms may indicate I have a voice problem?

- Dryness in the throat or mouth
- Pain in the throat or mouth
- Soreness/aching in the throat
- Tightness or pressure in the throat
- Sensation of a lump in the throat
- A feeling of discomfort in the throat
- A feeling that talking is an effort
  - Hoarseness
  - Huskiness
  - Breathiness
- Reduced loudness range
- Reduced pitch range
- Decreased vocal endurance
- Decreased vocal flexibility

What are Wollongong Catholic Education Voice Care Services?

**The Voice Care Service is available to all employees.** Every school has been provided with the Voice Care for Teachers DVD, poster and bookmarks. This package is designed by speech pathologists to provide information on how to prevent voice problems. In addition Wollongong Catholic Education is providing an early intervention programme for any staff member who is experiencing voice problems. This programme consists of an individual assessment and treatment with Cecilia Pemberton. Cecilia is a qualified practicing Speech Pathologist. She has been treating clients with a variety of voice problems for over 30 years and co author of the Voice Care for Teachers DVD.

All appointments are arranged directly with Cecilia. All consultations will be private and confidential. Appointments can be organised during or outside school hours.

Mobile: 0412 442 617
info@voicecareaustralia.com.au
www.voicecareaustralia.com.au

Voice Care Australia & Wollongong Catholic Education Office
Voice Care Services

If you experience problems with your voice seek help early. Teachers should not accept that voice problems are occupational hazard. They can be prevented with good voice care.

Contact:
Cecilia Pemberton
Speech Pathologist
on 0412 442 617 or
info@voicecareaustralia.com.au

All consultations are confidential and free for all employees of Wollongong Catholic Education
Do you persistently clear your throat?
Is your voice hoarse, husky or croaky?
Do you find it hard to speak with a conversational volume?
Do you have difficulty making yourself heard?
Does you voice tire when you talk for a long period of time?
Do you feel that talking is an effort or you are straining to talk?

All of these can be symptoms of a voice problem. There are some very practical solutions to these problems.

How many sessions will I have to attend?

The number of sessions required will depend on the type of voice problem and the individual client. All employees can attend up to four sessions of therapy. Additional sessions may be provided if needed.

What does voice therapy involve?

Initially Cecilia will assess your voice. This will include a detailed history of your voice problem and symptoms, your current voice use, needs and vocal capabilities. When the evaluation is complete a treatment programme will be designed specifically for you to facilitate vocal recovery and ensure sustainable voice use for your daily vocal requirements.

What do I have to do to improve my voice?

You will be given advice on how your voice works how to look after your voice and good voice care strategies. In addition therapy will involve specific voice exercises that you will do during a treatment session and which you will practise between therapy sessions. Your progress will be monitored regularly and as your voice improves the exercises will be varied appropriately.

VOICE THERAPY REALLY DOES HELP

Who will benefit from voice therapy?

Anyone who feels their voice no longer meets their vocal needs due to changes in quality, pitch, loudness, endurance or stamina.

VOICE CARE TIPS

- Avoid throat clearing and coughing
- Avoid persistent yelling, screaming or cheering
- Avoid prolonged periods of loud talking
- Don't whisper
- Use amplification in noisy situations
- Maintain your vocal energy
- Conserve your voice as needed
- Maintain a daily vocal warm up & cool down routine
- Use only appropriate volume for the environment
- Pay attention to room acoustics.
- Try to eliminate or minimise background noise
- Sip two litres of water a day
- Allow for daily period of voice rest
- Rest your voice if you are sick
- Rest your voice if it feels strained