

VOICE DISORDERS AND VOICE THERAPY IN ELDERLY



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Background

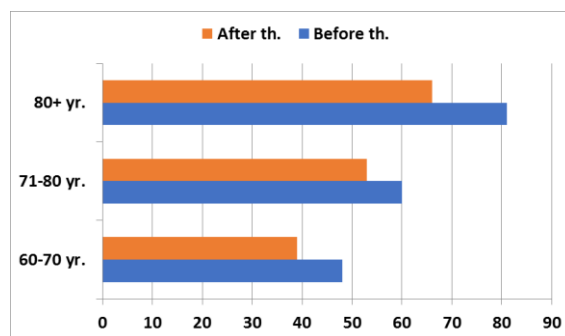
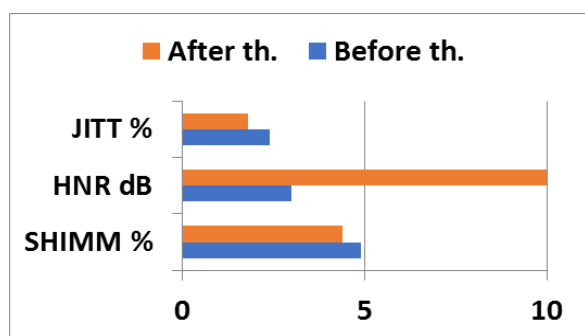
The fact that not all voice disorders in the elderly are due to aging is often overlooked, leaving some elderly candidates without voice rehabilitation (VR). This paper presents the effects of VR in this population, in order to highlight its rehabilitative potential.

Material & Methods

23 females and 7 males (60 to 89 years of age) underwent rehabilitation due to voice disorder. Their acoustic voice parameters (MDVP) and self-assessment of voice related quality of life (VHI) were compared before and after rehabilitation.

Results

- Jitter and shimmer decreased, and the HNR increased after the voice therapy, suggesting its positive objective effects of the intervention.
- VHI scores decreased after the intervention, suggesting its positive subjective effects of the intervention.
- VHI scores followed the age increase, indicating that caution should be exercised when dealing with voice related complaints in this population, in order to distinguish normal voice changes that occur with aging, from pathological changes induced by some other cause.



Conclusion

- The results of this study demonstrate the need for the involvement of elderly persons in voice rehabilitation and the benefits of exploring various rehabilitation options in daily clinical work to raise or preserve their quality of life.
- Considering the abovementioned, it is necessary to raise awareness of voice disorders in the elderly, as many people think they are an inevitable consequence of aging, and to point out the benefits of voice rehabilitation.