

Awareness Activities

Low Involvement

Boost Social Media Awareness through your Accounts

Start engaging with people and related communities on social media. Try sparking thoughtful conversations about your cause by asking questions or giving feedback and having honest exchanges about voice disorders.

Distribute Informational Flyers

If you are visiting your doctor, bring along some of the NSDA flyers that you can ask the doctor to make available and share.

Talk to Everyone about your Voice Disorder

Instead of answering questions on being sick, start conversations with strangers about your voice disorder. By being open this way, you can take each of these moments as awareness building opportunities, teaching one person at a time about SD and related voice disorders. This includes your general practitioner doctor, the grocery store clerk and people you meet while waiting at the DMV.

Medium Involvement

Design and Distribute Personalized Giveaways

Making branded personalized giveaways that you can hand out at events. Keep it simple with items such as stickers, bookmarks, buttons, or T-shirts.

Write to your Local Politicians

Making sure that voice disorders are included in NIH funding is a critical step for continued research. Local politicians need to be kept informed of the need. If you have the opportunity to meet an elected official, take the time to talk about your voice disorder.

Talk to Future Speech Language Pathologist Classes

There is nothing more powerful for an SLP student than a memorable class, where a speaker with SD or related voice disorders presented information about what it is like to live with the disorder. You would show them a real case rather than the students skimming a paragraph in a medical textbook. This group includes potentially future researchers and your time with them could be the reason they focus on voice disorders.

High Involvement

Develop Content others find Valuable

Are you an expert at something? Find a way to create something related to your expertise and integrate content on your voice disorder throughout. Creating "how-to" videos and other educational guides on completely unrelated topics that others will find valuable and share is a great way to get a message about voice disorders out there in a non-threatening way. By weaving your voice disorder into the content you can generate awareness.

Host a Fundraising Event

Hosting events where people meet in person can help you begin to build a real community around your cause. A fundraising event can help boost both awareness and donations.

Organize an Educational Event

Offer up your skills, either with a standalone workshop or as part of a series of related workshops to discuss voice disorders and provide the latest research updates and treatment information from local experts. Pairing up with a local university and inviting students can really increase awareness.

Challenge Co-workers

Encourage people to participate in a workplace challenge to raise awareness and money for your fundraiser. Ideas include anything from a cook-off to a board game tournament. Every person who participates is another opportunity to spread awareness.