

Advice for People Newly Diagnosed with a Voice Disorder

Goals

1. Identify challenges associated with living with a voice disorder.
2. List techniques and tools that can help with the challenges.
3. Recognize and tell some positive aspects of living with the challenges.

Background

People who are newly diagnosed often have questions about how to cope well with a voice disorder. Those who have more experience living with the condition may have tools, tips, and techniques that they can share that will encourage and help the newly diagnosed. Also, it is helpful for the more experienced people to see the positive progress that has occurred in their own lives.

This activity is easily adaptable. We have included several potential topics. This list is not exhaustive and can be added to or subtracted from as you consider your own journey.

We suggest that you record the questions and responses and compile a document to use with correspondences, both now and in the future.

Instructions

For each of the chosen topics follow the same basic steps.

1. Think about and list challenges associated with the topic.
2. Using the list of challenges, think about and make a note of any tools or techniques that you use to help with these challenges. Write down any tips that you have to reduce the negative impact of the challenges.
3. Write down any funny incidents or positive stories that resulted because of the challenges.

Topics to Consider

- Thinking about something other than your voice
- Getting support/Building a support system
- Telling others about your voice disorder
- Handling work obstacles
- Making the treatment decision that is right for you
- Staying hopeful while waiting for future treatment options and cures
- Working through relationship changes
- Techniques for everyday communication
- Responding to comments about my voice
- Dealing with the ups and downs of treatments/Good voice and bad voice days