



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

What is Dysarthria? Speech and Language Therapy



Dysarthria a difficulty producing speech sounds characterised by a weakness of the muscles used in speech production. These muscles include the face, lips, tongue, jaw, voice box and muscles of breathing.

To produce 'normal' speech, 140,000 muscle movements per second are required. These need to be fast, accurate and coordinated. Dysarthria reduces the ability of the speech muscles to perform adequately.

The degree and nature of dysarthria can vary considerably. Although speech is difficult, the ability to understand will not be affected, and intelligence remains unharmed. (Please note: Dysarthria may co-occur with other communication/speech impairments in which understanding, reading, writing and cognition may also be impacted).

People with dysarthria may not always notice when their speech is unclear so it is important to follow the advice in this leaflet. A person with severe dysarthria may have little or no understandable speech. Some people will often be able to communicate by writing or by use of other communication aids.

Symptoms may include:

- Slurred or unintelligible speech
- Speech which is too fast or too slow or too quiet
- Running out of breath when speaking
- A voice which sounds harsh, strained or breathy

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Patient Name:

Date:

Speech & Language Therapist:

Contact details: 01932 722868 (St Peter's Hospital)
01483 846238 (Bradley Unit)

Additional Information:

- Changes in pitch causing the speaker to sound 'monotonous'
- Drooling of saliva (One side of the face may be weaker than the other. Weakness of the tongue and lips may mean there is dribbling of saliva, food and drink, and the ability to swallow may also be affected).

How to get the most from your speech:

- Poor posture can affect breathing, which in turn can affect speech. Try to ensure you are sitting in a good, upright position
- Face the listener. Speak slowly – one word at a time. Pause frequently
- Over-articulate sounds and syllables. Emphasise the ends of words which otherwise may get 'lost'
- Emphasise key words rather than always using full sentences
- Re-phrase if necessary
- Try not to shout as this uses precious energy for speech
- Use short phrases or sentences so that you do not run out of breath
- Keep speech to a minimum when tired

- Use any means of communication to supplement speech, e.g. alphabet chart, gesture, drawing. Keep a paper and pencil nearby for writing.

How the listener can help:

- Ensure the surroundings are quiet and free from distractions
- Be patient and tolerant. Give positive feedback when you have understood. Give the person time to talk
- Repeat back the part of the message you have understood.
- Maintain close eye contact so you can watch the speaker's facial expression and make extra effort to listen carefully
- Do not request lengthy, complex responses as this will make the speaker over-tired
- Encourage all speech efforts, reminding the person to go slowly, to use one or two words at a time and pause regularly
- Ensure there is a paper and pencil or alphabet chart to use to supplement speech
- If writing is unclear, use a list of words to be pointed to, or encourage drawing
- Help the person to read aloud slowly and deliberately from a newspaper or magazine to practice speech

- Do not pretend you have understood if you have not. The speaker may realise and become upset or frustrated
- Remind the person that their speech will be worse when tired, upset or unwell. This is the time to rest.

REMEMBER!

Strategies to increase clarity of speech

Slow – do not rush whilst speaking

Loud – try to increase your volume but be careful not to shout

Over-emphasise – try to overemphasise keywords

Pause - make sure you pause in between each word

If you require any more information, go to the Stroke Association website: www.stroke.org.uk