

Patient name: _____

Apraxia of speech

What is apraxia?

Apraxia refers to difficulty **planning, sequencing and coordinating** movements required for speech.

Symptoms may include:



- struggling or **searching** for the right movements to produce speech sounds
- speech which is **slow and deliberate**
- saying words with the sounds in the **wrong order**
- shorter words may be easier than longer words
- difficulty getting a **voice**
- words with consonant vowel consonant structures (e.g. c-a-t) may be easier than words with **consonant clusters** (e.g. tr-a-p)

How to help:

Short periods of regular practice and repetition are advisable.



Time: allow extra time to talk.

Sound or sentence prompts:

e.g. 'chair': 'it's a ch ...'; 'you sit on a ...'

Copying: can help cue correct sounds and words.

Encourage alternatives:

e.g. pointing, gesturing, facial expressions, head nodding and drawing.



Communication aids: picture charts or word lists can enable the person to make a choice.

Closed questions: ask yes/no questions for clarification

Automatic speech: practise counting, saying the days of the week or singing.

Take a break: Fatigue and frustration can make speech more difficult.

Let the person finish: avoid guessing or finishing their sentences (unless they ask for help).

Calming environment: a quiet, relaxed environment helps with focus and ease e.g turn off the TV or other distractions.

A communication problem cannot occur in isolation. It is always a two-way process. A listener's patience and positive encouragement can help to reduce frustration and achieve communicative success.



If you have any questions or concerns, please call **0300 019 8052**.

Your speech and language therapist is:

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The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW

Author: Emma Fegan Date: May 2026 Version: Four Review date: May 2029 Ref: 025/21

t: 01202 303626 w: www.uhd.nhs.uk f: @UHTrust i: @uhd_nhs

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