

Patient name: _____

Dysarthria



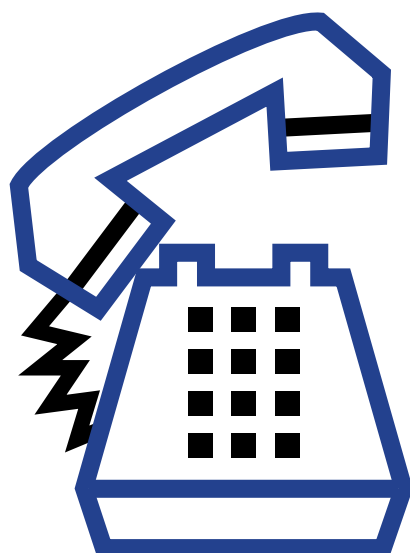
What is dysarthria?

Dysarthria is an oro-motor speech disorder. It can cause muscle weakness or incoordination of the muscles used in speech.

Dysarthria can affect speech in a variety of ways:

Your speech and language therapist has ticked the below boxes for how dysarthria has impacted your speech.

- | | | |
|---|--|---|
| ☐ Slow speech rate | ☐ Jerky speech | ☐ Nasal speech |
| ☐ Imprecise articulation | ☐ Harsh voice | ☐ Fast speech rate |
| ☐ Changing pitch | ☐ Breathy voice | ☐ Strained voice |
| ☐ Monotone voice | ☐ Quiet speech | ☐ Saliva loss |



Your speech may be less clear when you are tired, upset, or feeling unwell.

You may find it difficult to talk:

- on the **phone**
- in a **group**
- against **background noise**
- to family and friends

We use many muscles when talking including:

- face
- lips
- tongue
- breathing muscles

If any of these muscles are weak it can make it difficult to communicate verbally.



How can listeners help?

- Reduce background noise.
- Maintain close **eye contact** and lip read.
- use **paper and pencil** or an **alphabet chart** to supplement speech.

- ask simple **yes/no questions** to clarify
- **repeat back** the part of the message you have understood so the speaker does not have to repeat the whole sentence
- be **patient** and tolerant - give the person time to talk
- do not **pretend** you have understood. The speaker may realise and become upset or frustrated
- encourage slow speech - suggest that the individual speaks slowly and loudly to make their speech clearer
- repetition - politely ask the them to repeat if needed to ensure understanding
- prompt them to take a deep breath before speaking
- remember that speaking can be more difficult when tired.

A communication problem cannot occur in isolation as 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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