

Dysarthria (slurred speech)

**Information and advice for patients,
family and friends**

Speech and Language Therapy Department



Patient information leaflet

This leaflet explains what Dysarthria is and the difficulties that arise from the condition. The leaflet provides tips on how to produce clear speech as well as what family and friends can do to help the affected person.

What is Dysarthria?

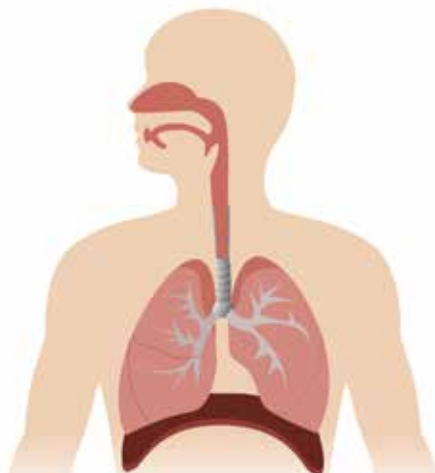
Dysarthria means slurred or unclear speech.

It might be difficult to:

- move your tongue and lips to make clear sounds



- co-ordinate your breathing and talking



- control the volume, speed and rhythm of your speech



What can help to produce clear speech?

When you talk:

- Sit or stand upright.
- Take a deep breath.
- Reduce background noises i.e. turn off the television
- Make sure the other person is looking and listening.
- Speak slowly and over-articulate your sounds.
- Take breaks – talking can be tiring.
- Pace your speech, you can try tapping out each word with your hand to control this.

If the other person doesn't understand:

- Repeat what you've said.
- Use writing, drawing, pointing and gesture to help get your message across.

What can family and friends do to help?

- Make eye contact and give the person your full attention.
- Be patient and give them time to speak.
- Support them with their clear speech strategies.
- Check that you have understood the message correctly.
- Tell them if you don't understand what they're saying.
- Avoid correcting a person's errors if you've already understood. Focus on continuing the conversation.

Your Speech and Language Therapist can give you specific strategies or exercises to help.

Please see contact details overleaf.

Reference sources

- <https://www.nhs.uk/conditions/dysarthria/>

Contact details

Please contact the Speech and Language Therapy department if you have any questions or concerns:

Telephone: 01483 571122 **ext** 4680

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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