

## **Speech and Language Therapy – Dysarthria**

### **Tips for Before and as You Speak**

#### **Before you speak**

- Make sure you have the other person's attention before you speak to them by calling their name or gently touching them
- Ensure room lighting is good so that the person you are talking to can see your face clearly
- Reduce background noise (e.g. turn off TV or radio)
- Realise when you are tired as this will affect your speech
- Make sure you are sitting with a good posture to allow the optimum level of breath support

#### **As you speak**

- Take your time
- Use your breath to help support your speech – take a deep breath before you start and take extra breaths as necessary while you are speaking. Don't let your voice fade away.
- Use gestures to support your speech and add meaning
- Use a slightly exaggerated voice when others find it hard to hear you. Try to make your voice as crisp as possible, but do not overdo it as this will distort the sounds.
- Think ahead about what you are going to say and try to keep it concise – use shorter sentences.

#### **If you haven't been understood**

- Repeat the same message clearly (only repeat the part that hasn't been understood)
- Speak more slowly than normal, giving yourself time to say all the sounds in the word
- Use the pictures provided to support your speech
- Move closer to the person you are talking to