

Dysarthria

What is dysarthria?

Dysarthria is difficulty in speaking due to weak or damaged speech muscles.

It may be difficult to:

- speak at normal speed
- speak loudly and clearly
- change your pitch or tone
- be understood in a group
- speak in long sentences without losing breath

What causes dysarthria?

- Stroke or head injury
- Brain tumour
- Progressive diseases such as Parkinson's disease

Will my speech get better?

- It is different for each person
- It can depend on the cause of your dysarthria

A Speech Pathologist can

- Give you tips and exercises to improve your speech
- Help you communicate better with friends and family

Tips for you

- Look at the person you are talking to
- Find a quiet place to talk
- Speak slowly
- Use short sentences and break up longer words
- Use gesture
- Use pen and paper
- Take a breath before you speak
- Check you have been understood

Tips for family and friends

- Encourage the person to use the tips above
- Give the person time to speak
- Check to make sure you have understood correctly
- Don't speak for the person

Useful websites

- National Stroke Foundation: www.strokefoundation.org.au

Talk to your Speech Pathologist for more information

Your Speech Pathologist is: _____