



# Dyspraxia

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## What is oral or verbal dyspraxia?

- Oral dyspraxia is a problem with planning and moving the muscles in your mouth which can make it difficult to talk or swallow
- Verbal dyspraxia is a speech problem
- It is not a problem with muscle strength

### It may be difficult to:

- put your mouth, lips or tongue in the right position when speaking
- say each sound or syllable in the right order
- speak in long sentences
- speak fluently
- speak clearly
- say the words you are thinking
- move food and drink in your mouth

## What causes dyspraxia?

- Stroke
- Brain injury
- Brain tumour

## Will my dyspraxia get better?

- Each person is different
- Some people improve quickly and others slowly



## A Speech Pathologist can

- Give you tips and exercises to help 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
- Use gesture
- Use pen and paper
- Write key words and draw
- A picture board might help

## Tips for your communication partner

- 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](http://www.strokefoundation.org.au)

**Talk to your Speech Pathologist for more information.**

**Your Speech Pathologist is:** \_\_\_\_\_