

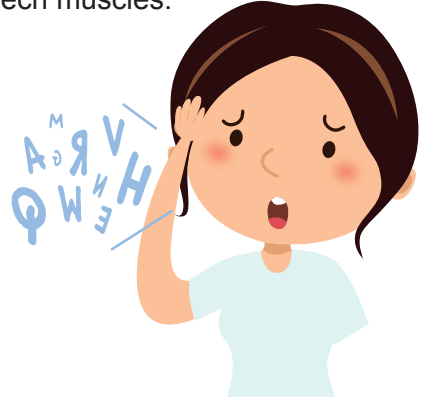
Apraxia of Speech (AOS)



What is Apraxia of Speech (AOS)?

It is an acquired speech disorder where there is difficulty in planning and organising messages from the brain to the speech muscles.

AOS can occur after damage to parts of the brain that are important for organising speech and facial movements. For example, the patient may be unable to move their tongue or lips the right way to make speech sounds. They may also be unable to make movements such as sticking their tongue out or opening their mouth, when asked to do so.



Often, patients with AOS know what they want to say but are unable to say the speech sounds accurately and in the right order. AOS is not caused by weakness or paralysis of speech muscles.

AOS can occur for a variety of reasons, including:

- Stroke
- Traumatic brain injury
- Brain tumours

When people have AOS, their speech may:

WANT TO...

- Sound effortful and not smooth



- Have the wrong sounds in some words, e.g. c-a-t → b-a-t



- Be clear and accurate at times and appear unclear and scrambled at other times

Impact of AOS

AOS can be very frustrating for patients and their families, as patients often know what they want to say, but are unable to coordinate the muscles to speak correctly. They may also have speech that sounds disordered or effortful.

Consequently, they may avoid social situations and conversations with others and may have difficulty participating in everyday work, studies and family activities.

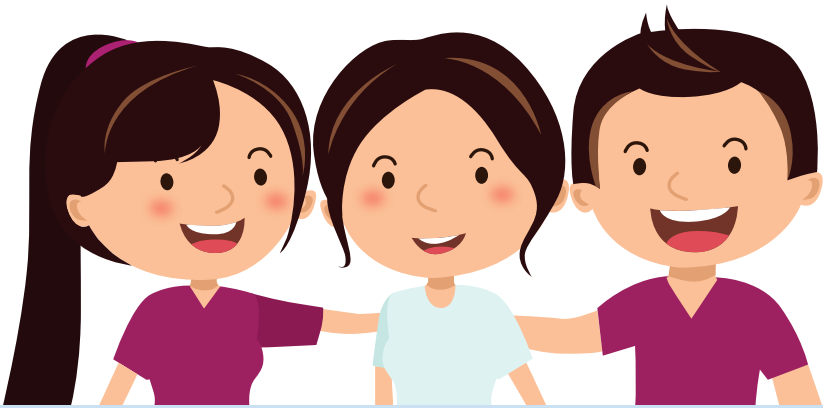


How can Speech Therapy help?

Speech therapists work with patients and their families to identify goals for treatment, conduct a communication assessment, and provide treatment and strategies to assist patients.

Speech therapists develop individual therapy programmes targeted at reorganising the speech muscles. They will teach and practise techniques that help with the correct production of words, sentences, and conversations.

Therapy may also include strategies to aid patients and their families in communicating successfully. This can include other forms of communication, such as writing, drawing, use of picture-based symbols or an alternative and augmentative communication (AAC) device. Support from family members is essential in facilitating recovery and participation in everyday life.



Strategies for families and caregivers:

- ✓ Reduce background noise and distractions
- ✓ Be patient and reassure patient that you will help them to communicate their message
- ✓ Encourage and support other ways of communicating, such as writing, typing, using gestures, pointing and drawing
- ✓ Avoid talking down to the patient, continue talking to them as an adult
- ✓ Check if you have understood the patient's message correctly, such as by asking "yes" or "no" questions (e.g. "Do you mean you would like to go outside for a walk, before heading to the shop?")
- ✓ Guide patient by making and showing them how to produce the sound (e.g "Put your lips together for the 'm' sound.")

NOTES

The page features a large white area for writing, bordered by a blue gradient. The writing area is filled with a light blue dotted grid pattern, providing a guide for text alignment. The grid consists of horizontal and vertical lines forming small squares. The blue border is thicker at the top and bottom, tapering towards the sides. The overall design is clean and professional, suitable for a notebook or a presentation slide.

**For more information on AOS,
please scan the QR code:**



<https://www.asha.org/public/speech/disorders/Apraxia-of-Speech-in-Adults/>

**National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: 6908 2222
Website: www.nuh.com.sg
UEN: 198500843R**

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