

Dysarthria



What is Dysarthria?

Dysarthria is a medical term used to describe slurred or unclear speech. Dysarthria occurs when the muscles that are used for talking and breathing are weak or not working properly.



Dysarthria can occur for a variety of reasons, including:

- Stroke
- Traumatic brain injury
- Progressive neurological diseases, such as Parkinson's Disease, Motor Neurone Disease/Amyotrophic Lateral Sclerosis
- Head and neck Cancer
- Bell's palsy
- Brain tumours

When people have dysarthria, their speech may sound:

- Slurred
- Difficult to understand
- Soft or have a low volume
- Monotonous
- Too fast or too slow



Impact of Dysarthria

Dysarthria can be frustrating for patients and their communication partners. Patients with dysarthria may know what they want to say but may have difficulty being understood due to their slurred speech. They may avoid social situations and have difficulty participating in everyday work, studies and family activities.

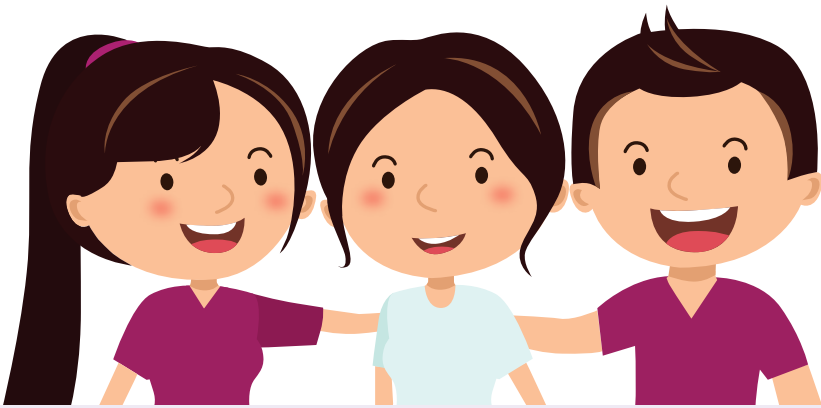


How can Speech Therapy help?

Speech therapists work with patients and their families to identify goals for treatment, conduct communication assessments, and provide suitable therapy.

Speech therapists develop individual programmes that include teaching the use of techniques and strategies to improve speech intelligibility.

Therapy may also involve the use of additional 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:



Give patient more time to speak



Reassure patient



Reduce background noise (e.g. turn off the television or music) and hold the conversation in a quiet place



Face each other when speaking



Encourage patient to slow down or use shorter sentences



Consider supporting the patient's communication through writing, gestures or the use of closed questions (e.g. "Do you want a drink? Do you want tea or coffee?")

The image is a full-page background for a notebook. It features a solid blue background on the left and a large, white, curved area on the right, separated by a smooth, sweeping line. The word "NOTES" is printed in a bold, white, sans-serif font in the upper left corner of the blue area. Scattered in the blue background are faint, light-blue icons: a folder, a plus sign, and a document. The white curved area is filled with horizontal dotted lines, providing a space for writing. The overall design is clean and modern.

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



<https://www.asha.org/public/speech/disorders/dysarthria/>

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