

## Strategies for the listener

- Give the person **plenty of time** and **minimise distractions**
- **Ask for the topic of conversation** and then ask them to elaborate
- **Ask clarifying questions**, e.g. "were you telling me about..."
- Try **offering a choice** or **asking yes/no questions**
- Let them know which part you **did** understand and ask them to try the rest again
- Encourage the person to use **strategies** listed on the previous page

### Accessibility

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Dyspraxia of speech

Building healthier lives

## Dyspraxia of speech

**Dyspraxia of speech (also known as apraxia of speech or verbal dyspraxia) is difficulty planning and sequencing the movements of the tongue and lips to speak.**

**This can result in uncoordinated movements of speech muscles caused by uncoordinated messages from the brain to the muscles. Dyspraxia of speech can occur on its own, but is commonly accompanied by dysphasia (difficulties with understanding and producing language).**

### Common signs (every person is different)

- 'Slower' sounding speech
- Pronouncing words differently
- Getting stuck on a particular sound or word
- Having difficulty with the beginning of words
- More 'automatic' speech tasks may be easier because they don't require as much planning e.g. counting
- Speech can be unpredictable and variable

## Strategies for the person with dyspraxia of speech

- Decide what you want to say before you start – **take your time**



- Break long words/ phrases into **smaller chunks**



- Use **gesture and communication aids** to support your communication



A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z	.	?	!	

- **Watch** other people's mouths closely and copy their movements



- **Practice** words in a **mirror**



- **Singing** words can help



- Try **writing** down key words



- If becoming frustrated, **take a break** and try again later



These are general strategies – a speech and language therapist can provide individual advice.