

# Speech and Language Therapy



INTEGRATED TREATMENT SERVICES

# What do Speech and Language Therapists do?



- Enable people to express themselves, to listen to and understand others
- Assessment and diagnosis of speech, language, communication and swallowing disorders
- Provide individual therapy, strategies and goals
- Work with others including parents, carers, schools to support individuals with communication and swallowing difficulties
- Provide training i.e. signs/symbols, use of technology

# Why do we need Speech and Language Therapists?



- **20%** of the population may experience difficulties in communication at some point in their lives.

(RCSLT, 2013)

# More statistics....



- Speech, language and communication difficulties are the most common difficulty experienced by children
- 7% of five year olds entering school, up to 2 children in every classroom have significant difficulties with speech and/or language
- Up to 55% of children in deprived areas have speech, language and communication needs (SLCN)
- Of the 1.5 million people in the UK with a learning difficulty, up to 90% have SLCN

(RCSLT, 2013)

# and more.....



- 60% of young offenders have SLCN
- 50,000 people who have a stroke every year have speech and language difficulties.
- 700,000 people with dementia have SLCN
- Up to 75% of stroke survivors will have problems with swallowing immediately post stroke.

(RCSLT, 2013)

# Who do we work with?



- **Your turn.....**

# Discussion



## What is communication?



# What is communication?



- Communication is the activity or process of giving and receiving information to other people or to other living things, using signals such as speech, body movements...'
- Communication is any obvious behaviour, whether used intentionally or not, that makes the onlooker believe that the person is attempting to convey a message, make a demand, request etc.

(Collins Cobuild English Language Dictionary)



# What is Communication?



- Communication is a basic human right.
- Communication is the means through which we control our existence. It is the way we make friends and build relationships.
- It is the way we become independent and make choices.
- It is the way we learn
- It is the way we express our feelings, thoughts and emotions.
- It is the way we make sense of the world around us.

# We use communication to:



- Get attention
- Say hello
- Give information
- Get information / ask questions
- Express how we are feeling
- Give feedback / make comment
- Ask someone to do something for us
- Clarify information
- Refuse or reject something

# Communication Difficulties



- Communication difficulties can be when other people have problems understanding the individual

OR

- When an individual has problems understanding what others are saying

OR

Both

# Impact



Scenario – 45 year old. Had a stroke 6months ago.  
Speech and mobility affected.

How might this impact on life generally?

- Work
- Relationships
- Hobbies
- Driving
- Reading/Writing

# Impact



How difficult is communication now following the stroke?

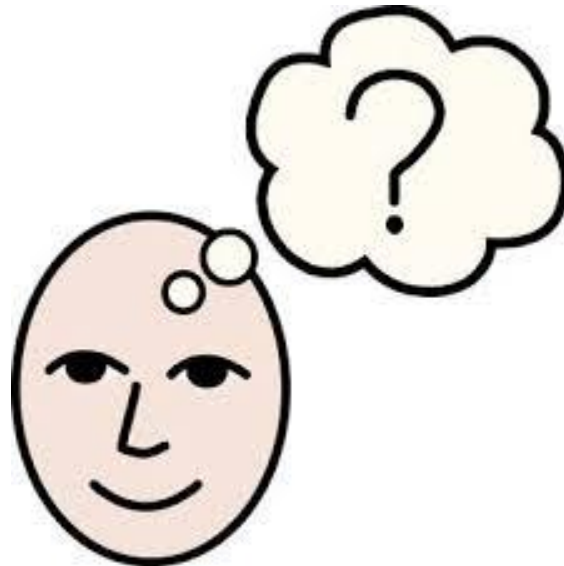
How does it make you feel?

Let's find out.....

# How do we communicate?



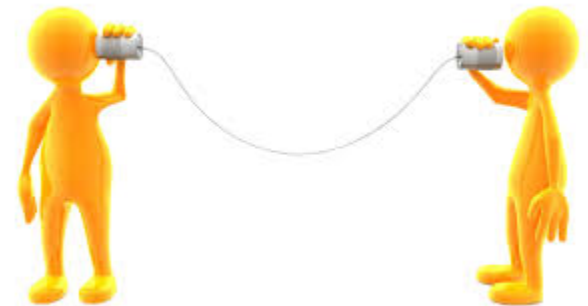
Think of the different ways people communicate



# Methods of Communication



- Speech
- Mime
- Gesture
- Pointing
- Objects
- Facial expressions
- Body language
- Non-verbal
- Writing
- Pictures
- Photos
- Formal signs
- Communication aids
- Symbols
- Behaviour



# Problems getting your message across can lead to



- Problems interacting with others
- Not able to participate fully in activities
- Difficulty conveying needs and wants
- Difficulty making choices
- Dependent on others to anticipate need
- Appearing withdrawn, bored, uncooperative



# “Challenging” Behaviour



- This can be a form of communication, an effective way of getting your message across e.g. *“I don’t want to do this anymore”*
- Imagine being in a foreign country where you don’t speak the language and you are going to miss your flight home...!



**How can we help communication difficulties?**



# How can we help?



- Be clear about what a person can understand
- Try to keep your language simple and straightforward, e.g.

Do you want to go out now?

VS

I was wondering if perhaps whether or not you might fancy an excursion?

- Break long instructions into small steps
- Repeat your message using the same words each time
- Make the most of additional cues like facial expression, tone of voice and body language to get your message across



- If someone is having difficulties understanding avoid using open-ended questions (e.g. “where do you want to go?”). A more concrete choice is easier to understand (e.g. do you want to go swimming or shopping?”)
- Show people what you are talking about, e.g. “do you want tea or juice” whilst showing them the tea and the juice
- Use pictures, objects, photos and symbols to illustrate what you are saying
- Use signs, e.g. Makaton, to reinforce what you are saying

# “Speech Therapy transforms lives”



- RCSLT Giving Voice campaign

You decide.....

**“Speech Therapy transforms lives”**





**Any Questions?**





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