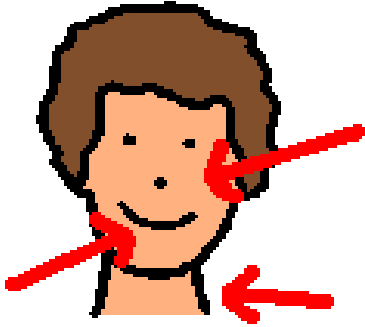


## What is dysarthria?

Sometimes a stroke or head injury affects the muscles of the face, throat and tongue.



These muscles become weak.

The muscles used for breathing may also be affected.

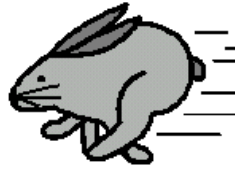
Your speech may become slurred and difficult to understand.



This problem is called 'dysarthria'.

## Will my speech improve?

Sometimes the muscles return to normal quickly.



Sometimes it takes longer.

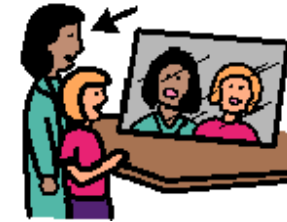


Sometimes it changes the way you eat and drink.



## Who will help?

The speech pathologist will assess how well you can move the muscles in your face and throat.



You may need to do exercises daily.

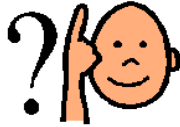


Use a mirror to help you practice.



## What can I do to help?

- check that others understand you



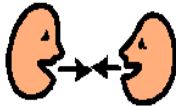
- reduce background noise



- speak slowly and make each word clear



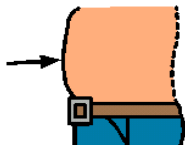
- face the person you are talking to



- use gesture, writing and drawing to help

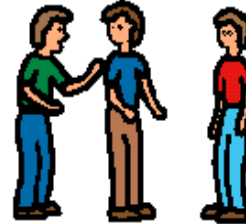


- take a deep breath before talking



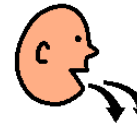
## What can my friends and family do to help?

- remind you to speak slowly and clearly



- don't pretend to understand you if your speech is not clear

- ask you to repeat things if they do not understand

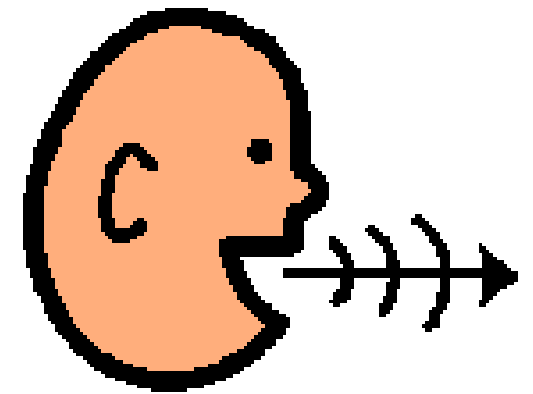


- help you to practice your exercises



## Speech Pathology and Dysarthria

"Slurred Speech"



General Information