



# ABIOS

Acquired Brain Injury Outreach Service

FACTSHEET: **Communication**

Audience: Person with an ABI

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## Dysarthria (Motor Speech Impairment)

### after Acquired Brain Injury

*“Dysarthria is muscle weakness, paralysis or poor coordination of the breathing and speech muscles and can affect a person’s speech volume or cause them to slur their speech. The person is able to understand what others are saying and know what they want to say, however their speech may be difficult to understand..”*

(Speech Pathology Australia)

### What are the signs of dysarthria?

- Slurred speech
- Nasal speech
- Hoarse voice
- Difficulty controlling the volume of speech (may be too loud or too soft)
- Monotone speech quality (speech all in one tone)
- Difficulty eating and drinking
- Difficulty controlling saliva (drooling)
- The speed of your speech is difficult to control

### Some treatment approaches & strategies to help with clearer speech:

- ❖ Complete the exercises prescribed by a speech pathologist
- ❖ Remain relaxed when speaking
- ❖ Take a deep breath before starting to speak
- ❖ Speak slowly, concentrating on making each word clear
- ❖ Always face the person you are speaking to – it will help the listener to see your face / mouth
- ❖ Speak for yourself whenever possible – try not to let others speak for you
- ❖ Use short sentences or try saying the message another way if the conversation breaks down
- ❖ Give the listener a ‘key word’ to tune them into what is being talked about
- ❖ Use writing or gestures
- ❖ Reduce background noise where possible