

Speech Lanugage Therapy

Information for patients, family and whānau

Speech language therapists can help with **communication** and **swallowing** difficulties:

- they may visit you in your own home; see you at a clinic in the community or via video call using a computer/tablet, depending on your needs
- they will work with you to set goals which are important to you
- appointments are usually for an hour.

Communication difficulties

Your speech language therapist can help you by assessing your communication in order to:

- develop a personal therapy programme for you;
- explore different ways you can communicate e.g. writing and gesture, picture charts, describing the words you cannot think of;
- explain why you are having difficulties to you and your friends, family and whānau

Swallowing difficulties

Your speech language therapist can help you by assessing your swallowing muscles and watching you eat and drink in order to:

- identify any difficulties you are having and find ways to improve your swallowing
- give you advice and information on your swallowing safety and/or comfort
- give you exercises that will help your swallowing if appropriate.

Referrals to other services and community groups that offer support and advice to people with communication and/or swallowing difficulties can be made by your speech language therapist if appropriate.

Speech Language Therapist:

Contact No:

Date: