

Outstanding Care,  
Compassionate People,  
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Sherwood Forest Hospitals  
NHS Foundation Trust

# Dysarthria

Adult Speech and Language Therapy Department

**Information for patients**



# What is dysarthria?

Dysarthria is a speech disorder characterised by weakness, slow movement and/or a lack of co-ordination of the muscles associated with speech.

Dysarthria can be caused by stroke, head injury, surgery, Parkinson's disease, multiple sclerosis, motor neurone disease and other neurological conditions.

## Speech may be:

- Slow

- Jerky

- Too fast

- Slurred

- Quiet

- Lacking in expression

- Difficult to understand.

# Ways to help yourself

- Sit upright to improve breathing.
- If your voice is quiet, reduce background noise such as TV and radio.
- Check your dentures still fit, as this may affect how clear your speech is.
- Slow your speech.
- Exaggerate movements of your lips and tongue.
- Keep sentences short; tiredness can make your speech more difficult to understand.
- Pause for breath regularly.
- Make sure your friends/relatives know the topic you are talking about. This will help them to follow your conversation.
- Regularly check that your friends/relatives have understood you.
- Use a pen and paper. This may help in some situations.

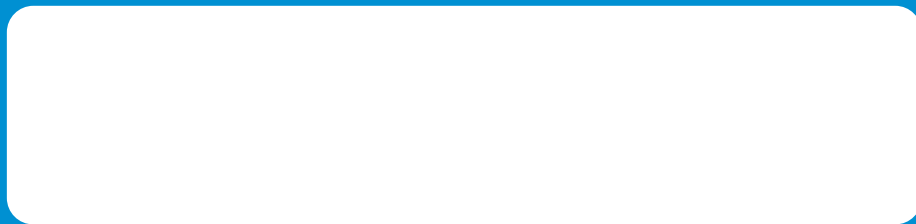
## How friends and relatives can help you:

- Allow more time for conversation.
- Remember that dysarthria does not affect the person's hearing or intelligence.
- If speech is hard to follow, repeat back what you have heard and check if you have heard correctly.
- Sometimes asking for specific words to be repeated can be helpful.

## Speech & Language Therapy Department

King's Mill Hospital, telephone 01623 622515, extension 3320.

You have been referred to:



### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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