

What is Dysarthria?

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Dysarthria is a weakness or difficulty co-ordinating the muscles used in speech.

Sometimes this affects muscles in the face and mouth, or those involved with breathing.

Why does dysarthria occur?

You may have a dysarthria as a result of:

- Head/ brain injury
- Brain tumour or cranial nerve surgery
- Neurological disorders (e.g. MND, MS)
- Stroke

How do I know if I have dysarthria?

- You may find it more difficult to move your tongue or lips so speech sounds slurred.
- You run out of breath when you are talking.
- People ask you to speak louder.

- Your face droops on one side, or you have started drooling.



How is dysarthria managed?

If you have difficulty with speaking as a result of dysarthria then you will be seen by a Speech & Language Therapist.

They will assess which muscles are affected and provide therapy to help you communicate more effectively.

What can I do?

When you are speaking try and remember to:

- Speak slowly.
- Speak loudly.
- Over-emphasise words.
Put more effort into face, lip and tongue movements when you are speaking.

- Pause frequently.
- Use gesture and pointing to help communicate your message.
- Use writing and drawing to help communicate what you are saying.

What can other people do to help?

If you are speaking with someone who has dysarthria you may find it helpful to:

- Reduce background noise.
- Face the person when they are talking.
- Leave extra time for them to convey their message.
- Tell them if you cannot understand.
- Speak to them in a normal voice. Use writing to clarify anything you didn't understand.

If you have any questions then please contact the Speech & Language Therapy department on 0151 529 4986.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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