

Speech Therapy

Speech Therapists (STs, also known as Speech Language Pathologists - SLPs) can address difficulties with swallowing, problem solving, memory, and communicating. Because of this, speech therapists are extremely good at helping others safely and effectively participate in some of the most important aspects of life...meaningful relationships and meals! Do you or a loved one have trouble participating in conversations at the dinner table or have trouble swallowing when eating meals? Let our Speech Therapists help!

Speech Therapists May Help You by...



Addressing Swallowing Skills

Speech therapists can help others with feeding and swallowing by doing the following: teaching oral hygiene techniques that **minimize risk of aspiration**, help identify what foods/textures/temperatures are **safe to eat without choking**, **provide exercises to regain the ability to chew foods and sip/suck liquids** and move food/meds down into the throat, find ways to keep food from getting stuck in the throat, help address food selectivity, increase strength of the muscles of the mouth and tongue and diaphragm, teach patients how to **coordinate breathing and swallowing** to minimize risk of choking.



Addressing Communication

Speech therapists can help others communicate by teaching how to control **speaking volume/ tone/pitch/resonance**, how to **enunciate** words and fluently produce sounds, how to **find the right words to say**, how to use **verbal and nonverbal communication strategies**, how to organize thoughts, how to increase attention during conversations or when reading, how to improve memory of what was said during conversations, how to use augmentative and alternative communication systems, reading/writing/spelling, and how to **build vocabulary**.



Addressing Problem Solving

Speech therapists can help people **pay attention** during tasks, **recognize problems**, learn how to analyze information, learn to **identify solutions**, break problems down into concrete steps, **utilize logical thinking patterns**, improve ability to **consider multiple perspectives** and different viewpoints, use **visual schedules/reminders/task organizers**, **sequence** steps of tasks. These skills are important for kitchen and home safety!



Addressing Memory

Speech therapists can help patients learn strategies for **remembering to take medications** on time, recalling information, and using memory **compensatory strategies**.



Listening to You!

It is important for your ST to know what matters to you and what your goals are. We are here to help you! If any concerns come up, let your ST know.