Strategies for clearer speech

The following strategies can help your speech to sound clearer. This can make it easier for others to understand you:

- Sit face to face with the person you're talking with
- Sit upright
- ‘Think loud’ and increase the volume of your speech
- Take a deep breath before speaking
- Slow down your speech
- Break down longer words, e.g. ma-ga-zine
- Leave a clear space between each word
- Exaggerate the sounds of each word
- Give yourself time when talking
• **Don’t panic!** If you get stuck or can’t think of what you are trying to say, take a deep breath and start again

• Try **writing** to support what you want to say or use an **alphabet chart** to spell it out

• Use **gesture, pointing and body language** to help your message

• If someone asks you to **repeat**, this is a **cue to use** the above **strategies** to make your **speech clearer**

---

If you or your relatives want to talk to us, call: **01284 713303**, if you leave a message we will call back.

Our therapists work **Monday-Saturday 8.30am to 4.30pm**.
Please feel free to **ask questions** at any time, we are **on the ward every day except Sunday**.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) [https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust](https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust)

© West Suffolk NHS Foundation Trust