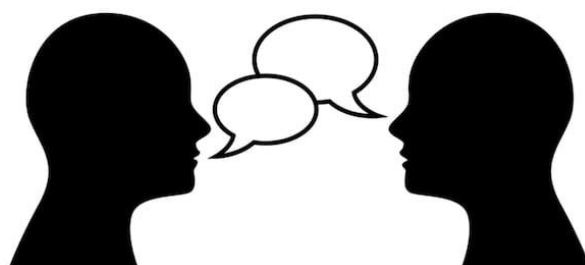


## Patient information

# 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>



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