

Patient information

Apraxia of speech

Apraxia is difficulty **planning** and **sequencing** the **movements** needed for speech.

It can **affect** your **speech** but also **other** body **movements**. It can make it **difficult** to **say words** or the **correct sounds** during **speech**

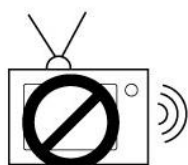


Tips



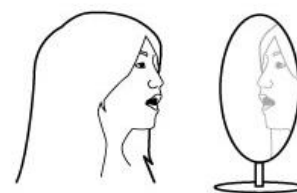
- **Let people know** what helps you
- **Slow** down

- Try to **relax** and **give yourself time**

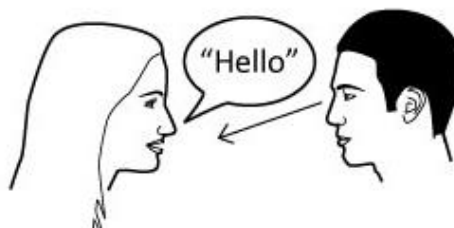


- **Reduce distractions** and background noise

- **Listen** carefully to what you say and **use a mirror** to **practise** sounds



- **Watch** someone else's **mouth** closely, **think** about **how** it **sounds**. Try to **repeat** what they **say**



- Use **gesture**, **writing**, **spelling**, **pointing** or a **communication chart** to support your speech



A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z				



YES	NO
✓	✗

Apraxia can be very **frustrating** as it is **unpredictable** and **variable**. You may be able to **say** words **once** and then **struggle** to **repeat**.



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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