

Speech and Language Therapy Key Points



Telephone: 0300 125 5550

Email: sirona.neuro@nhs.net

Communication Difficulties in Adults: What You Need to Know

Sometimes adults can have trouble communicating for different reasons. Here's a breakdown of some causes and tips:

Why might someone have trouble communicating?

- **Illness or disease:** Stroke, brain injury, or diseases like Parkinson's can affect communication.
- **Speech and Language Therapist:** A therapist can help with speech or language difficulties. They can assess the problem and create a treatment plan.

What are some communication problems?

- **Aphasia/dysphasia:** This is trouble with using language, like finding words, putting them in sentences, or understanding what others say.
- **Dysarthria:** This makes it hard to produce speech sounds clearly. Speech may be slurred, slow, or difficult to understand.
- **Apraxia of speech:** This makes it hard to plan and control the movements needed for speech. Someone may struggle to find the right mouth movements to make sounds.

Other factors affecting communication:

- **Memory or thinking problems** can make it hard to find words or understand information.
- **Fatigue or low energy** can make communication difficult.
- **Social skills** can affect how someone interacts with others.

Communication is a two-way street!

- **Patience and encouragement** from listeners are important.
- **Focus on understanding, not just words.** Use gestures, pictures, or writing to help communication.

Tips for supporting someone with communication difficulties:

- **Speak clearly and slowly.**
- **Use short sentences and simple words.**
- **Ask one question at a time.**
- **Give the person time to respond.**
- **Reduce background noise.**
- **Use gestures and facial expressions.**

If the person gets frustrated:

- **Acknowledge their feelings.** Let them know you understand.
- **Take a break from the conversation and come back later.**

Alternative ways to communicate (AAC):

- Sometimes, speaking may be difficult. There are tools like picture boards or electronic devices to help people communicate.

For more information:

- [Link to National Stroke Association website](#)
- [Link to the Parkinson's Disease Society website](#)
- [Link to Multiple Sclerosis Society website](#)
- [Link to the National Brain Tumour Society website](#)

Remember, a Speech and Language Therapist can help assess and treat communication difficulties.

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website](#)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

Date of creation: 12/2024

Date for review: 12/2026

URN: 0039

Registered Office

Sirona care & health CIC,
Badminton Rd Office
2nd Floor, Badminton Rd
Yate
BS37 5AF

Company Number: 07585003



/SironaCIC



@SironaCIC



/SironaCIC



/sirona-care-&-health

