



**HOW SPEECH
PATHOLOGY CAN
HELP IMPROVE YOUR
QUALITY OF LIFE**

CONTENTS

- 01** Getting my Message Across
 - 02** Social Conversations
 - 03** Reading or Writing
 - 04** Meal Times
 - 05** Supporting Someone Else with Communication Difficulties
-



I NEED HELP WITH...

GETTING MY

MESSAGE ACROSS

"My speech or voice sounds different now"

"I've lost my confidence talking"

"I know what to say but have trouble finding the words"

"I have aphasia"



SPEECH PATHOLOGY CAN...



1

Assess your language and speech difficulties and help you understand what is causing your problems.

2

Develop a personalised **therapy plan** with strategies for improving your **wording finding, language, and/or speech.**

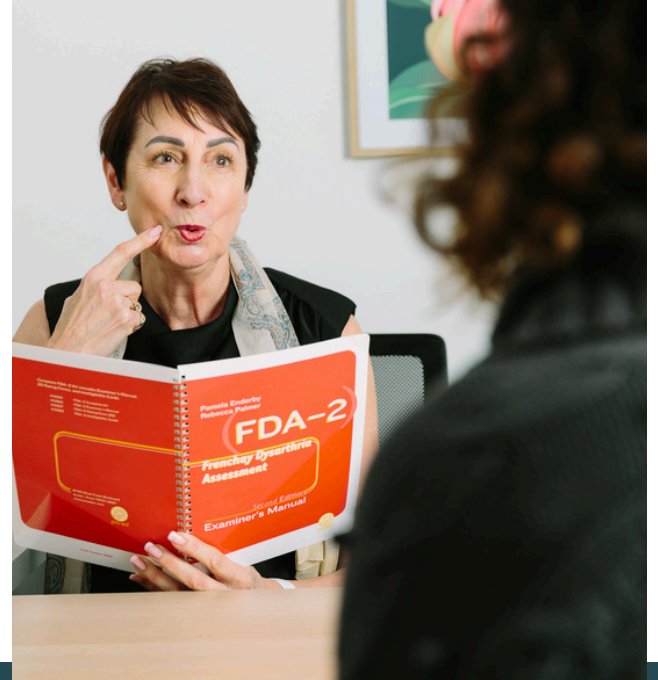
3

Provide **education and support** to family on how best to support your communication.

4

Provide you with strategies to **manage new situations.**

SPEECH PATHOLOGY CAN...



5

Build your confidence in participating in conversation.

6

Help you to explore **different methods of communication** to help you get your message across.

7

Explore **assistive technologies** to support your communication.

8

Offer **evidence-based intensive programs** including 'Be Clear', 'Lee Silverman Voice Therapy (LSVT)' and the 'Be Loud' group program.

I NEED HELP WITH...

SOCIAL CONVERSATIONS

"I have no filter
and often say
the wrong thing"

"I get lost in
conversations"

"I have lost all
confidence in
social settings"

"I have trouble
staying on topic"

"I can't think of
things to say"



SPEECH PATHOLOGY CAN...



1

Assess what areas of your communication are causing you problems in conversations.

2

Help you **understand why** you are having difficulties in social settings.

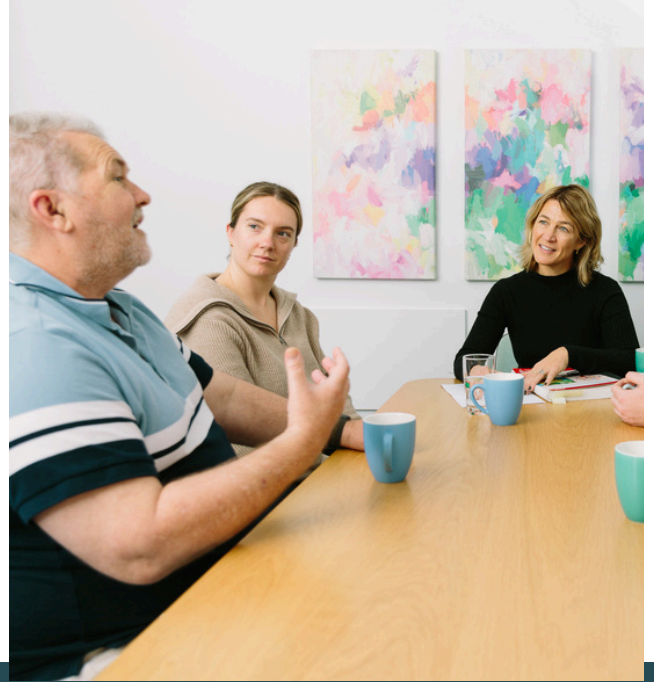
3

Provide you with **strategies** to help you improve your **self-awareness** and ability to **contribute to conversations**.

4

Practice **common social interactions** to help you build confidence and re-learn how to successfully communicate with others.

SPEECH PATHOLOGY CAN...



5

Help you learn **social boundaries** and improve **non-verbal communication**.

6

Offer a **group-based program** to learn conversation skills and provide opportunities to practice with others who experience similar difficulties.

7

Link you in with **community groups** to improve social participation and opportunities to practice.

8

Provide you with strategies to **repair conversations** when something goes wrong.

I NEED HELP WITH...

READING OR

WRITING

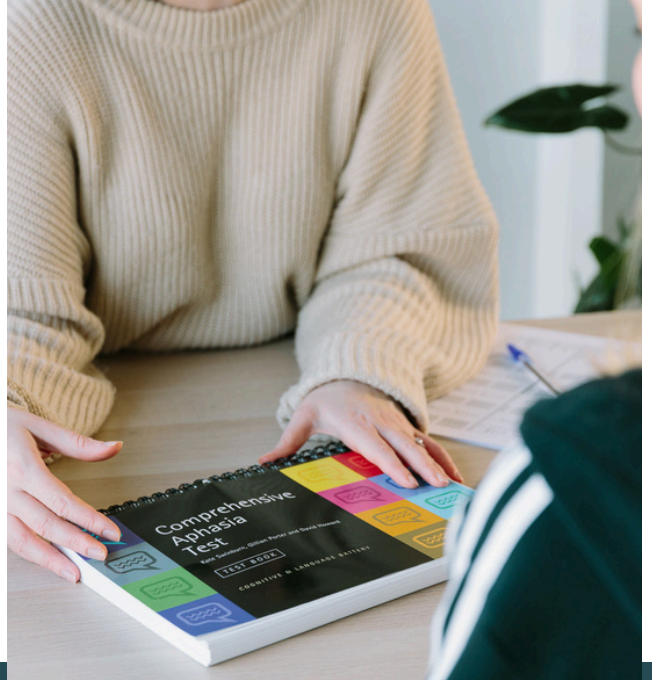
"I often need to
read things
twice"

"I struggle to
understand
what I have
read or written"

"I can't text or
write emails like
I used to"



SPEECH PATHOLOGY CAN...



1

Assess your reading and writing to better understand what is causing your problems.

2

Provide you with **targeted exercises** to help you improve.

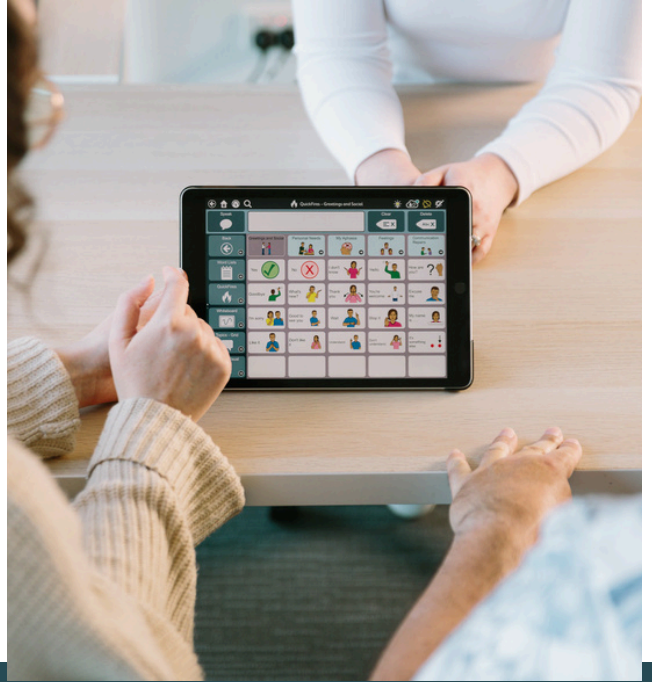
3

Help you read items that are part of your **everyday life** (e.g. menus, timetables, TV guides, bills).

4

Help you to practice writing **words and phrases** that you would **use regularly** (e.g. name, address, texts).

SPEECH PATHOLOGY CAN...



5

Help you **explore different ways** of getting information when reading is more difficult.

6

Help you **explore other methods** of communicating when writing is more difficult.

7

Explore **assistive technologies** to support your reading and writing.



I NEED HELP WITH...

MEALTIMES

"I am being tube fed and would like to taste something orally"

"Mealtimes are very long and tiring for me"

"I am coughing or choking when I eat"



SPEECH PATHOLOGY CAN...



1

Assess your difficulties and help you understand why you are having trouble with your eating, drinking or swallowing.

2

Provide you with **strategies** to help manage your difficulties so you can **feel more confident** eating and drinking.

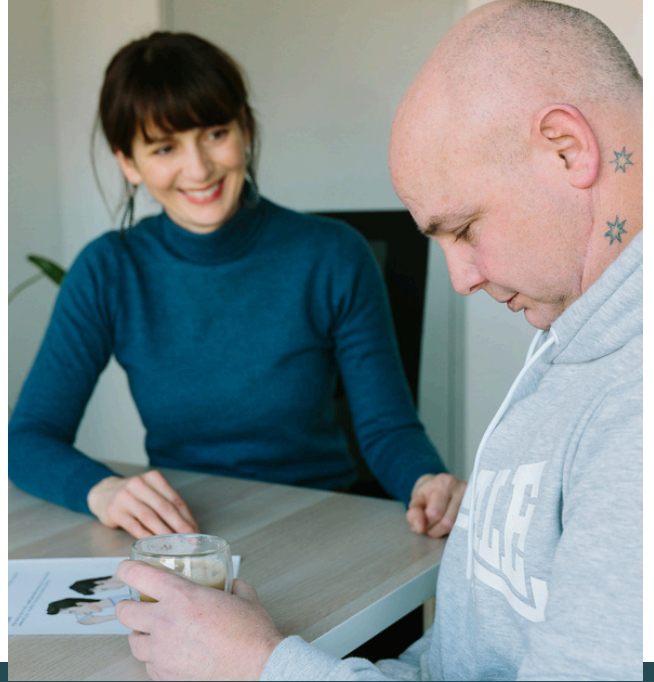
3

Provide you or your supports with a **Mealtime Management Plan**.

4

Provide you with **exercises** that will help to improve your swallowing.

SPEECH PATHOLOGY CAN...



5

Complete **food trials** to make recommendations on a **tailored diet**.

6

Communicate with the people around you to make sure they are doing all the right things to help you manage your problems.

7

Organise a **Videofluoroscopic Swallow Study (VFSS)** to understand more about your difficulties.

8

Refer you for additional investigations if needed.

I NEED HELP WITH...

SUPPORTING SOMEONE ELSE WITH COMMUNICATION DIFFICULTIES

“My partner gets
so frustrated
when I can’t
understand them”

“I feel helpless
and don’t
know how to
help”



SPEECH PATHOLOGY CAN...



1

Provide **education and training to family/friends** on how to communicate with someone with communication difficulties.

2

Provide support people with **strategies** to help start conversations, ask good questions and keep the conversation going.

3

Facilitate programs to do alongside a family member or support person to **learn** how you can both **communicate most effectively** with each other.





REHABILITATION
SERVICE

brain injury • stroke • neurological conditions

Contact

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