






# Dysarthria

ASU Information for Patients, Relatives and Friends

## What is Dysarthria?

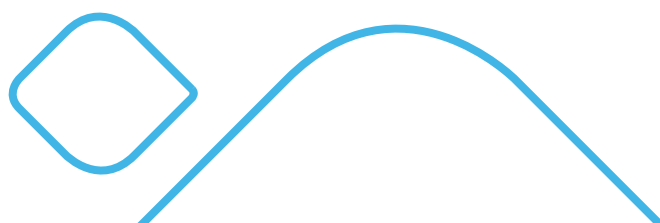
Dysarthria is a neuromuscular problem affecting the muscles involved with speaking, including the breathing mechanism for speech.

**This means** you, or your loved one may sound different or may find it more difficult to speak. Sounding different might look like this:

	<p>Slurring speech</p>
	<p>Tongue weakness</p>
	<p>Volume of speech change</p>
	<p>Sounding breathy</p>
	<p>A rough sounding voice</p>

### Other related factors:

1. If tense, tired, upset or hurried, there will be more difficulty in speaking clearly.
2. There may be difficulty with swallowing and eating, and/or controlling saliva.



## What can help?



Get the listeners attention. by: Tapping the listener, texting, moving your arms/body



Speak slowly



Try one word at a time



Exaggerate or 'over articulate' each bit of the word



Breathe deeply before you speak

**'af - ter - noon'**

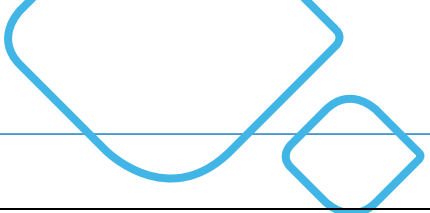
Break down a word.














Keep paper and pencil nearby, you can draw, write or point to what you may need or want



Keep trying! Practice, practice, practice!



## Helping someone with Dysarthria

	Provide the person time to process your question/request
	Provide the person time to respond
	Don't interrupt the person, it may take time to get the words out
	Check if the person needs glasses, hearing aids or dentures.
	Make sure the person has back, neck and head support.
	Ask the person to repeat what they have said
	Ask the person to slow their speech
	Ask the person with dysarthria to take a deep breath before they speak
	Exaggerate lip and tongue movements when speaking.
	Keep pen and paper near by
	Positively encourage all forms of communication

---

**Useful websites:**

<https://www.nhs.uk/conditions/dysarthria>

<https://www.aphasia.org/aphasia-resources/dysarthria/>

**For further information, please contact:**

**Speech and Language Therapy**

**RUH**

**[ruh-tr.slt@nhs.net](mailto:ruh-tr.slt@nhs.net)**

**Royal United Hospital, Combe Park**

**BATH BA1 3NG, Tel: 01225 821496**

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG

01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656.

---

Date of publication: June 2023 | Ref: RUH ASU/006  
© Royal United Hospitals Bath NHS Foundation Trust  
created by Rosie Gyde SLTA Acute Stroke Unit Bath.