



## Speech Language Therapy Information for Patients & Family/ Whānau

Speech language therapists can help with **communication** and **swallowing** difficulties

- They may visit you in your own home; see you at a clinic in the community or via video call using a computer/tablet, depending on your needs.
- They will work with you to set goals which are important to you.
- Appointments are usually for an hour.

### Communication difficulties

Your speech language therapist can help you by assessing your communication in order to:

- develop a personal therapy programme for you;
- explore different ways you can communicate e.g. writing and gesture, picture charts, describing the words you cannot think of;
- explain why you are having difficulties to you and your friends/family/whānau

Referrals to other services and/or community groups that may support you can be made if appropriate.

### Swallowing difficulties

Your speech language therapist can help you by assessing your swallowing muscles and watching you eat and drink in order to:

- identify any difficulties you are having and find ways to improve your swallowing;
- give you advice and information on your swallowing safety and/or comfort;
- give you exercises that will help your swallowing if appropriate.

Referrals to other services that may support you can be made if appropriate.

Speech Language Therapist:

Contact No:

Date:

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