

# Services

## Speech Therapy

### Adult Speech-Language Pathology

#### How do speech-language pathologists (SLPs) help people?

SLPs work with people who have trouble

- speaking
- listening
- reading
- thinking
- swallowing
- writing

#### What causes speech, language, or swallowing problems?

Communication and swallowing problems in adults can be caused by

- stroke
- head injury
- diseases like Parkinson's, Alzheimer's, multiple sclerosis, and amyotrophic sclerosis (ALS)
- breathing problems
- head and neck cancer
- vocal abuse (using the voice in the wrong way)
- severe or long-term illness

#### What types of disorders do SLPs treat?

- **Aphasia** – problems speaking, understanding, reading, writing, or using numbers due to stroke or brain injury
- **Apraxia** – problems controlling mouth muscles to speak clearly
- **Cognitive-communication disorders** – problems with memory, reasoning, problem-solving, and attention
- **Dysarthria** – weakness or tightness in speech muscles that cause slurred or very quiet speech that may be hard to understand
- **Voice disorders** – changes in how a person's voice sounds
  - ◆ Higher or lower pitch
  - ◆ Hoarseness
  - ◆ Too soft or too loud
  - ◆ Unable to make sound
- **Swallowing (Dysphagia)** – problems chewing or swallowing that can lead to
  - ◆ dehydration

- ◆ malnutrition
- ◆ food or liquid going into the airway, called aspiration
- ◆ frequent pneumonia or respiratory infections
- ◆ less enjoyment of eating
- ◆ embarrassment when eating because of drooling or other problems
- ◆ the need for tube feeding or other ways to get nutrition

*\*We now offer FEES - Fiberoptic Endoscopic Evaluation of Swallowing\* as of December 2020*

## **Will speech-language pathology services help?**

- Yes. People who receive SLP services make improvements in all health care settings.
- â’ 84% of people with a speech disorder (dysarthria or apraxia) made progress in the hospital or in rehab.
- â’ 81% of people with language problems after a stroke make improvements with outpatient services.
- â’ Over half of people in the hospital no longer needed a feeding tube after receiving swallowing treatment from an SLP.

Source: ASHA national Outcomes Measurement System (NOMS)