

# Adult Speech & Language Therapy Services

## What is a Speech and Language Therapist?

A speech and language therapist is trained to assess communication and/or swallowing problems. These difficulties may result from a variety of different causes e.g. Stroke, Head Injury, Parkinson's Disease.

Communication may break down in many ways, and suddenly you may find speaking much harder. Perhaps you may find some of the following have happened to you/your relative.

- Difficulty understanding
- Difficulty speaking
- Your speech is slurred
- Difficulty reading and/or writing

Your speech and language therapist will assess these difficulties and give you and your family some advice to improve your communication skills. Sometimes the speech and language therapist may encourage you to try other ways apart from 'speech' to communicate, for example writing, communication booklets, electronic communication aids or gesture. The speech and language therapist will work closely with you, your family and staff to maximise your communication skills.

Swallowing difficulties may also occur. The speech and language therapist works closely in a team to assess how safely you can swallow different food consistencies and advises staff on the safest and most appropriate 'swallowing plan' for you.

It is very important, if you have any problems swallowing, that you and your family ask the speech and language therapist for specific advice.

## How often will you be seen?

This depends on how often the speech and language therapist feels therapy advice is required.

## Where will you be seen?

We see people in a variety of settings:

- On wards
- In out-patient clinics
- Home visits
- Community hospitals

Please feel free to contact the department if you would like any further information or if you have any comments on 01388 455200 Central Appointments Bureau.

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### Please help us:

We need your comments, concerns complaints and compliments to deliver the best service possible. Please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0800 783 5774**, or email [cdda-tr.PatientExperienceCDDFT@nhs.net](mailto:cdda-tr.PatientExperienceCDDFT@nhs.net).

We can make this information available in Braille, large print, audio or other languages on request.