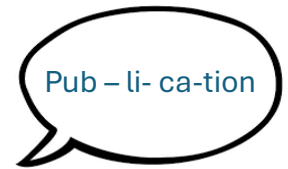


Communication Strategies – Apraxia of Speech

How you can help yourself

- **Break long words** into **small chunks**
E.g. “publication” → pub – li – ca – tion



- **Break long sentences** into **short phrases**
E.g. “The garden centre closes at 5.30” → the garden centre
– closes at – 5.30

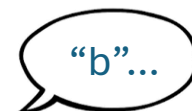
- Use **total communication** strategies
E.g. **pointing, gesture, writing, drawing**



- Use an **alternative** word
E.g. Instead of “cushion” say “pillow”



- **Spell** out the word or give the **first letter**



- Give yourself **extra time** and ask **others** to be patient



How **family** and **friends** can help

- Give **extra time** and do not rush conversations
Speech is much better if there is less pressure to answer



- **Do not** ask for **repetition** if you have understood what has been said, even if it was not pronounced perfectly.
Second attempts are less successful and this puts pressure on speech.



- Sometimes the **harder they try** to make the speech movements the **more difficult** it becomes. On these occasions, **have a break** and return to the topic later.



- Encourage use of **total communication** strategies
E.g. **pointing, gesture, writing, drawing**

