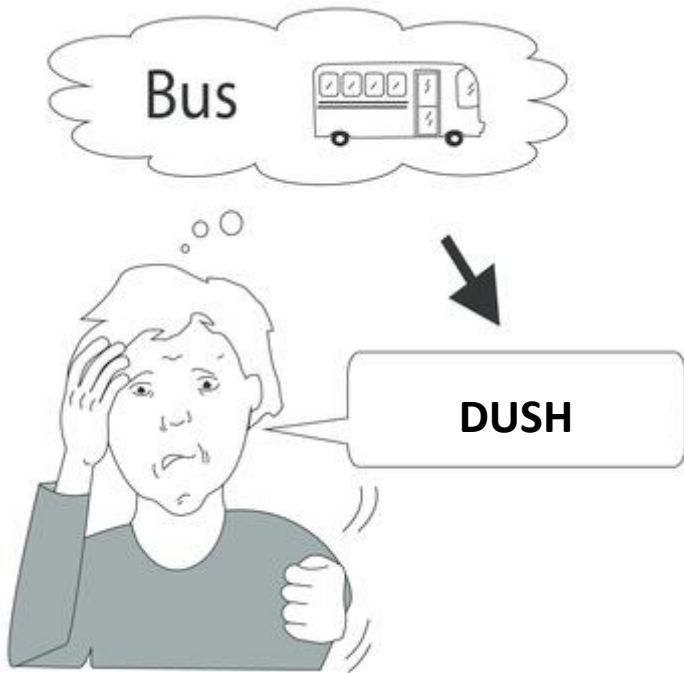
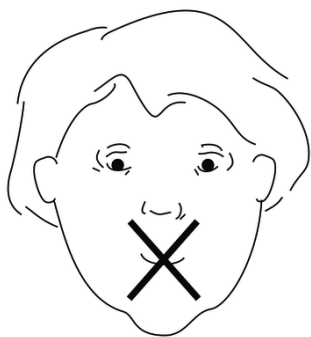
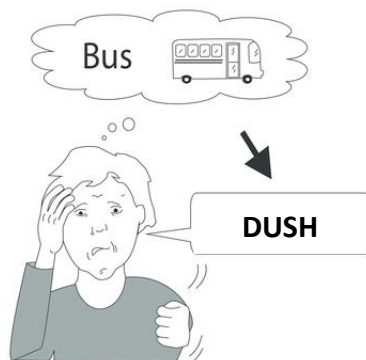


What is **Apraxia**?

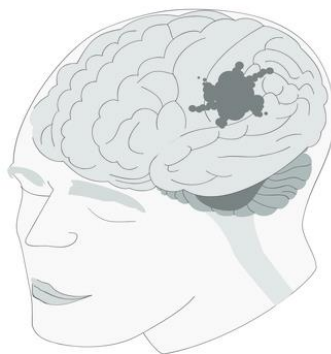


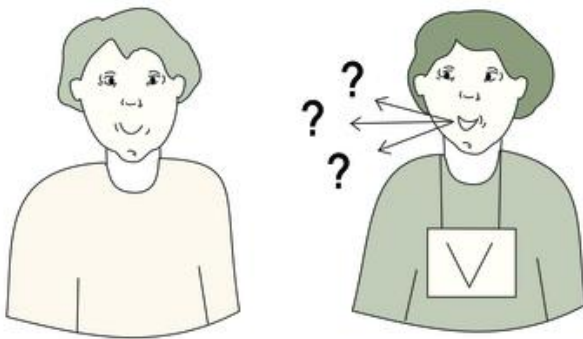
Apraxia is difficulty **planning, sequencing** and **coordinating movements** required for **speech**. It is **not** caused by a weakness of the speech muscles.



Automatic movements for eating, yawning, coughing, etc. may be **okay**, but **deliberate control** for speech movements is **affected**.

Apraxia normally happens after a **brain injury** or a **stroke**. People may also have **aphasia**.





Some words may be easy, especially **social phrases** such as ‘yes’, ‘no’, ‘hello’, ‘thank you’ or swear words.

Deliberate speech is more difficult.



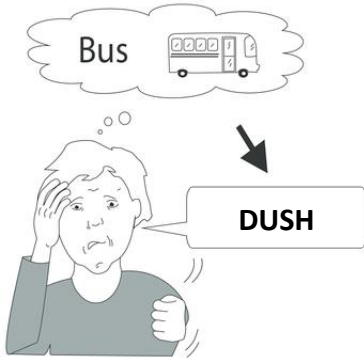
Often the **harder** someone **tries** to **talk**, the **worse** it becomes, and increased **frustration** makes it more difficult.

WHAT IS IT LIKE?

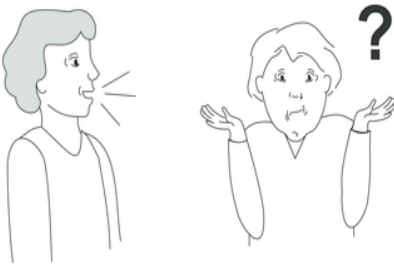
The person with dyspraxia **knows what words** they want to say.



They have **difficulty coordinating the muscle movements** necessary to say those words.



They may **say something completely different**. For example, a person may try to say “bus” but it may come out as “dush”.



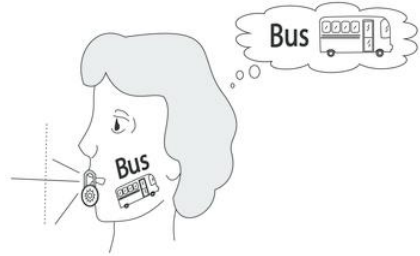
The person **will recognise the error and try again, sometimes getting it right, but sometimes saying something else** again.



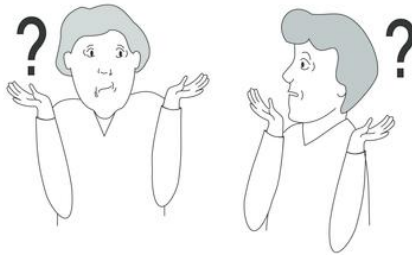
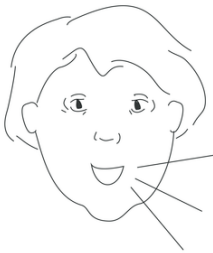
This can become quite **frustrating** for the person.

SYMPTOMS MAY INCLUDE:

- **Struggling** for the **correct movements** to produce speech sounds



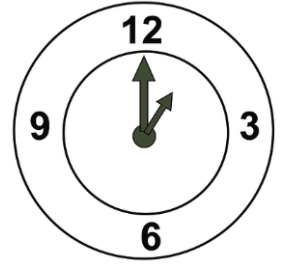
- **Speech** is **slow** and **deliberate** because of **difficulty sequencing** the required mouth movements



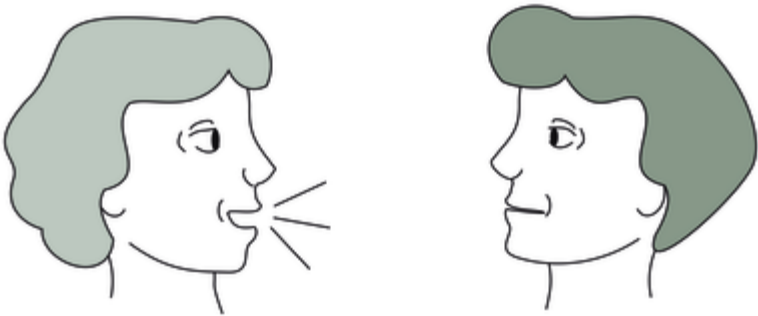
- Saying words with the **sounds** in the **wrong order**
- **Long words** with many syllables may be **especially difficult** to say
- **Difficulty** getting a **voice**

How to help:

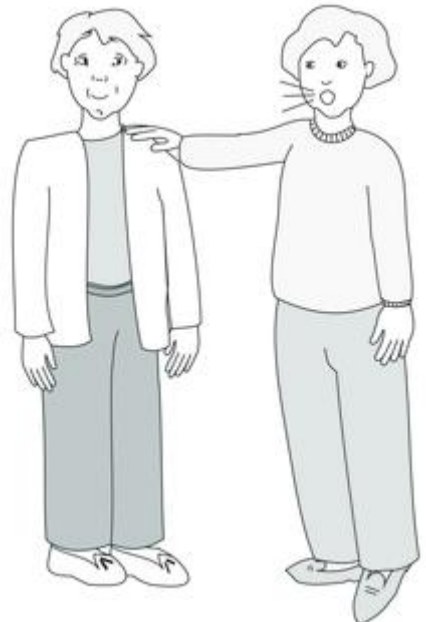
- **Allow** the person **time to speak**.



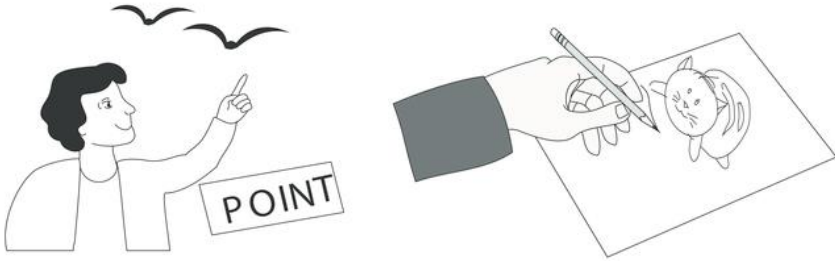
- The person may find that **watching someone else speak** is a **helpful way of relearning** how to make a sound.



- **Encourage** them to remain **calm** and try to **relax**. Letting the person know **you understand why** he/she is having **difficulties** will be **reassuring**.



- **Encourage any other type of communication**, such as pointing, gesturing, facial expressions, nodding/shaking head, drawing.



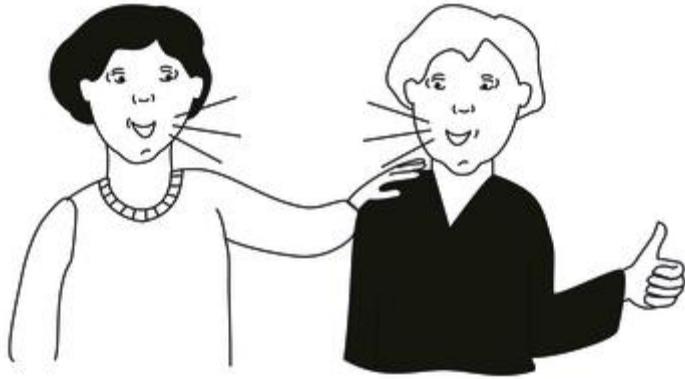
- Offer **picture charts** or **word lists** to **point to**. Try using **pictures** or **written words**. They can **show you what they want to say**, by using a photo or pointing to written choices.



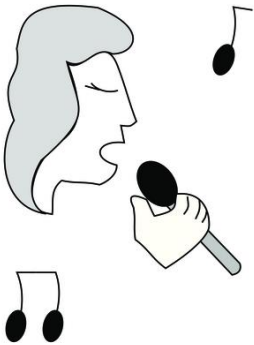
If you ask ‘*Do you want tea or coffee?*’ and they are unable to answer, write down “**tea or coffee**” and ask them to **point** to what they want.

- Ask only ‘**yes**’ or ‘**no**’ questions.





- If **you can predict the word** they need, offer the **first sound** or a **beginning of the sentence**:
 - 'It's a **ch** ...'
 - 'You sit on a ...'



- Encourage practising automatic speech such as counting, saying the days of the week, the months of the year, singing.

- If they say a word **clearly**, **do not ask** for a **repetition**. Second attempt is often unsuccessful.

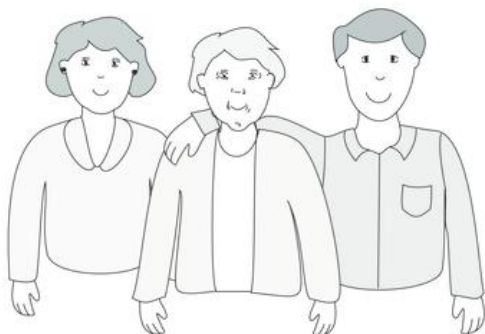


- Sometimes **the harder a person tries** to make the speech **movements the more difficult it becomes**. On these occasions, have a **break** and **return to the topic later**.

- Remember that **speech and concentration** can be **tiring**. Communication will be **less successful when tired**, upset or unwell.



Alternatives to Conversation

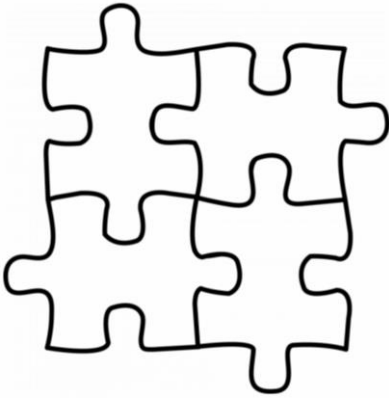


It is important to **maintain social contact** when communication is difficult.

Opportunities and **motivation** to interact can quickly **reduce**.

Try **turn-taking games** that **do not rely** on **language** skills, *e.g.* *Connect 4, Ludo, Draughts, Dominoes, simple card games, noughts and crosses.*





Find **jigsaws** with an adult theme **but few pieces** to complete together.

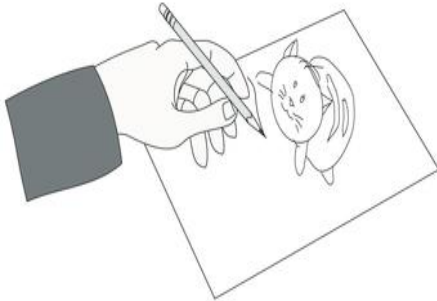


Offer to **read to them** – a newspaper, a letter from a friend, a chapter in a book.



Listen to the radio, music, audio books, or watch television and **encourage** comments and opinions.

Look at pictures in books, magazines, photo albums, holiday brochures instead of reading.



Find art activities such as painting-by-numbers or sketch books.



Go outside or to the **hospital cafe** and **discuss** the people, places and things that you see



Do not be afraid of **simply spending time together** (watching TV, holding hands or watching the world go by).

If you require any more information, go to the
Stroke Association website: www.stroke.org.uk

