

# **DYSARTHRIA PROGRAM**

## **- Making your speech clearer**

### **What is Dysarthria?**

Dysarthria can take many different forms- it can be a term used to describe speech that is:

- Slurred
- Jerky
- Soft/loud/slow/fast
- Breathy
- Uncoordinated
- Difficult to understand

### **What can I do to help make my speech more clear?**

This program has been designed to help you make your speech easier to understand. This can be done by:

- following the tips given for clearer speech
- practicing the speech muscle exercises

You should try to practice the exercises once a day, for at least 15 minutes.

This program has been adapted from the Tamworth Hospital Program, with thanks.

## TIPS FOR CLEARER SPEECH

**Here are some things you can do for clear speech:**

1. Good posture will help- no slouching!
2. Face the person you are talking to and make sure you have their attention before you speak.
3. Take a deep breath before talking.
4. Keep your mouth open while talking.
5. Take your time when talking. Don't rush!
6. Say all the sounds in each word as clearly as you can.
7. Don't run the words together- finish of each word before you start the next one.
8. For words with several parts, say each part as clearly as possible. Put all the sounds in and don't rush.
9. Shorter sentences are easier to say clearly than longer ones. Use short sentences or phrases whenever you can! Don't link sentences together with 'and'- make them into separate sentences so you can have a break inbetween them.
10. Make sure your voice is loud enough to be heard- taking a good breath and opening your mouth will help with this.
11. Avoid talking in background noise eg. television, radio, crowded places.
12. Your speech may be less clear when you are tired, very excited or have a lot to say in a small amount of time. Be extra aware of this and remember to follow these tips!

## BREATHING EXERCISES

These exercises should be done for one minute each.

1. Take a deep breath, then relax. Repeat.
2. Hold your breath and hum for as long as you can.
3. Hold your breath and hum softly, then get louder. Repeat.
4. Hold your breath and hum loudly, then get softer. Repeat.
5. Say "ah" for as long and as strongly as you can.
6. Say "eh" for as long and as strongly as you can.
7. Say "f--" for as long and as strongly as you can.
8. Say "m--" for as long and as strongly as you can.
9. Say "s--" for as long and as strongly as you can.
10. Say "l--" for as long and as strongly as you can.
11. Repeat "ah" quickly for as long as possible. ah-ah-ah-ah....
12. Repeat "ah" more slowly for as long as possible. ah-----ah-----ah-----
13. Take three deep, steady breaths. Relax. Repeat.
14. Take a deep breath and count (one, two, three .... ) on that breath.  
**Don't exhaust yourself! Once you run out of breath, stop for a few seconds, then repeat this exercise.**
15. Take three deep, steady breaths. Relax. Repeat.

Remember that breathing is very important when talking. To have clear speech you need to take deep breaths and try not to fit too many words into one breath.

## HEAD AND NECK RELAXATION

These exercises relieve muscle tension in the head and neck areas. Try them if you feel tension beginning. If you regularly feel tension in these areas, practice daily.

Remember:

- Do the exercises slowly, holding each for a count of 6.
  - **Do not** 'push' into pain.
  - Sit in a comfortable chair.
  - Breathe slowly and regularly while doing these exercises.
- 
1. Bend your head forward so your chin touches your chest. Hold for 6. Slowly raise.
  2. Bend your head backwards with your mouth closed. Hold for 6. Bring it back.
  3. Close your eyes tightly and frown - let go - rest.
  4. Push your lips out as thou you are whistling - let go - rest.
  5. Stretch your lips in a grin - let go - rest.
  6. Pull your chin in, push it out - let go - rest.
  7. Tighten up your throat muscles - let go - rest.
  8. Turn your head to the left-forward - rest.
  9. Tum your head to the right - forward - rest.
  10. Bend your head over to the left (ear towards shoulder) - up - rest.
  11. Bend your head over to the right - up - rest.
  12. Push your shoulders up - let go - rest.
  13. Yawn - stretch arms out-then relax.
  14. Gently massage your neck and shoulder muscles.

## SPEECH MUSCLE EXERCISES

We use all the muscles in our faces and throats for talking. Just like it is important to stretch before going for a run, it is important to 'warm up' our speech muscles before talking.

It may be helpful to do these exercises in front of a mirror- so you can see what you are doing. Do each exercise for at least one minute each.

1. Open and close your mouth slowly, then get faster...
2. Alternate rounding your lips and smiling, as if saying "oo-ee-oo-ee". Start slowly and get faster.....
3. Poke out your tongue and move it from side to side. Start slowly, then get faster...
4. Lick lips in a circular motion. Start slowly, then get faster...
5. Suck in cheeks, then relax.
6. Puff up cheeks with air, hold. then relax.
7. Lift tongue tip towards nose, then down towards your chin. Do slowly, then speed up.
8. Close lips tightly as if saying "mmm", then relax.
9. Move tongue over edges of both top and bottom teeth at first slowly, then get quicker.
10. Move tongue in a deliberate manner to four distinct spots on the lips - top, bottom, right side, left side. Don't make it a circular motion. Go slowly, then fast.

## **SYLLABLE PRACTICE**

These exercises are particularly designed to increase the tongue, lip and throat coordination. Practice each exercise for at least 30 seconds each. First, do the exercises slowly, then speed up- but remember to try and keep the syllables nice and clear- don't let them get slurred or muddled.

1. "par par par"
2. "tar tar tar"
3. "kar kar kar"
4. "par tar par tar par tar"
5. "kar par kar par kar par"
6. "tar kar tar kar tar kar"
7. "par tar kar par tar kar par tar kar"
8. "par pay pow par pay pow par pay pow"
9. "tar tay tow tar tay tow tar tay tow"
10. "kar kay kow kar kay kow kar kay kow"

## **WORDS**

Say these words, clearly and precisely.

LIPS	pepper	paper	bible
	maim	beeper	meat pie
	pebble	flap	puppy
	Mimi	fable	pippy
	babble	bib	mummy
	baby	happy	Wilma

	apples	appealing	Bobby
TONGUE	slowly	million	butler
	tomatoes	difficult	corridor
	pillow	swallow	tall
	today	date	shot
	terribly	diary	leader
	toffee	admit	shut
	touch	light	delay
THROAT	gaggle	drink	beggar
	wagons	carrying	carrots
	cake	dagger	kicking
	cactus	gangrene	angry
	gravy	cog	ragged
	cranky	donkey	orang outang
	cringe	whinge	groggy

## **LONGER WORDS**

Say these longer words slowly and clearly.

necessary

suitability

automatic

advisable

February

identify

concentrating

pathology

manipulate

appropriate

influential

awakening

dexterously

unreliable

encouragement

vacuum cleaner

association

reproducing

haphazardly

unrecorded

professional

cauliflower

rehabilitation

difficulty

understated

abilities

possessiveness

numerical

intonation

educator

ordinary

Ethiopia

unrealistic

repetition

## **SENTENCES**

Say these sentences clearly and precisely:

**LIPS**

Pass the pens and pencils please.

Packing pickles poses problems.

Betty baked a batch of buns beautifully.

Bobby burst the big blue balloon.

Why will you worry?

Wild winds and wet weather.

I bought a book about a boy who became a prince.

**TONGUE**

Leave the lazy lion alone.

Lie your head on the pillow and swallow the pill.

Don't touch those taps til I return.

Take a tube of toothpaste to Townsville.



He didn't want to admit that the leader was right.  
The door down the corridor slammed shut tightly.  
The shepherd had taken the sheep to shelter.

THROAT

I'm thinking of singing a moving song.  
Gather the grapes and crush them quickly.  
I think he got a drink from the kiosk.  
The car's gears crashed and grated.  
He was greedily grabbing the gravy.  
Going and getting Grandma's gift.  
Speeding along the winding gravel road.  
In the spring, donkeys bray and sing quietly.

## **TONGUE TWISTERS**

PLEASE NOTE: This is a very advanced exercise. All these tongue twisters should be attempted very slowly at first. Try saying them three times each.

Red leather, yellow leather.

A proper copper coffee cup, a proper copper coffee pot.

Peter Piper picked a peck of pickled peppers,  
A peck of pickled peppers Peter Piper picked.  
If Peter Piper picked a peck of pickled peppers,  
Where's the peck of pickled peppers Peter Piper picked?

The best of a bath is the bubble and the swish. As we buoyantly dabble and bob like a fish. But ablution's dull rubic demands that we scrub, and rub and then bustle to swab out the tub.

Seven sliver swans swam silently seaward.

Unique New York.

Rubber Baby Bounces

## **PARAGRAPHS**

1) Read a couple of short paragraphs from the newspaper, magazines or books. Remember to read slowly, and concentrate on how you move your tongue, lips and throat to create the words. Pay particular attention to the areas of speech your Speech Pathologist has pointed out for you to work on.

2) Select one of the topics below, or make up your own and talk about it with another person for 5-10 minutes.

Sport

Holidays

Hobbies

Occupations

Animals

Newspaper items

Family/children

Literature

Your school days

Food

Famous people

Music

Pets

Current Affairs

Transport

Friends

Entertainment  
Country versus City

Television programs  
Anything you want!

3) Get an interesting picture out of a magazine, book etc. Describe what is in the picture to someone else, taking care to use clear speech.

4) Use the tips from this program during conversations!