



ST. ANDREW'S  
COMMUNITY HOSPITAL

# COMMUNICATION DISORDERS

## IN ADULTS

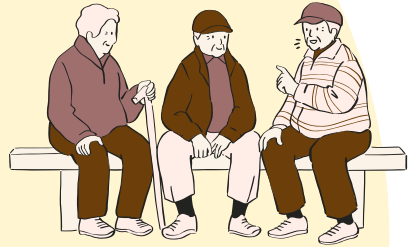


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## What is communication?

Communication is a basic human need and right. It is through communication that we connect with one another, share ideas, and build relationships.

Whether through spoken words, written messages, or non-verbal cues, communication plays a vital role in our daily lives.



## Impact on life

Communication difficulties can affect the quality of life for both the person with the condition as well as their loved ones and caregivers.

### For the person

- Feelings of helplessness, shame, frustration or anger
- Choosing not to talk, leading to social isolation
- Mental fatigue
- Emotional fatigue

### For those around them

- Feelings of sadness, frustration, anger or guilt
- Ignoring them or leaving them out of the conversation
- Mental fatigue
- Emotional fatigue

## Communication difficulties

A person may develop difficulties communicating after a sudden brain injury, or gradually due to a chronic condition such as dementia.

They might struggle with



Cognitive changes may include difficulties with memory, processing, orientation, and problem-solving.

# Speech Therapy

A Speech Therapist (ST) can diagnose communication disorders and recommend suitable treatment or management options.



## Communication disorders may include:

- Aphasia (Language impairment)
- Dysarthria (Speech impairment)
- Dyslexia (Written language impairment)
- Speech apraxia (Speech impairment)
- Cognitive-communication impairments

## Treatment or management could include:



Practising listening and speaking



Practising reading and writing



Teaching loved ones strategies



Exploring alternative communication methods

Other activities, such as using the phone or singing

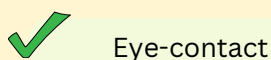
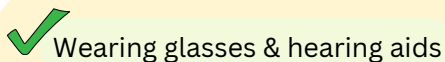
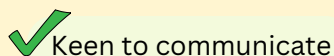


# General strategies for carers

(Please consult your Speech Therapist for specific guidelines tailored to your loved one.)

## Before engaging...

Choose the right time:



## When communicating...



Sit face to  
face

Use short, simple  
sentences.

Avoid using  
'baby talk'.



Give choices

Be patient; give extra time  
to process and respond.



Use physical items or  
pictures if possible.

Reassure often,  
e.g. "I know you know".

Write down  
keywords



These strategies may help alleviate frustration for the person with communication difficulties and those close to them.

For personalised strategies, please see a Speech Therapist.