



## INFORMATION PAGE

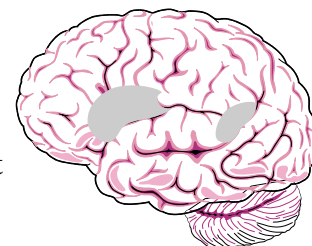
# Dysarthria: How Family Members Can Help...

A person with dysarthria has trouble saying sounds and words clearly. Family members, friends, and caretakers are encouraged to try the following when communicating with the person with dysarthria.



### *What You Can Do to Help*

- ***Be respectful.*** Do not talk down to the person.
- ***Be positive and patient.***
- ***Have pictures or objects ready*** to point to for basic needs.
- Give him or her ***a few word choices*** to pick when you do not know what the person is talking about.
- Give the person ***plenty of time*** to talk.
- Use ***simple questions.***



### *Encourage the Person with Dysarthria to Try to*

- ***point to objects or pictures.***
- ***use gestures.*** (You can also start using gestures.)
- ***slow down*** while trying to speak.
- ***repeat the word*** you do not understand.
- ***spell or write*** words you do not understand.
- ***make each sound*** in the word ***longer and louder.***
- ***say*** a phrase or sentence ***one word at a time.***
- ***tell*** you ***the main topic first.***



### *ADDITIONAL INFORMATION:*

- American Speech-Language-Hearing Association  
10801 Rockville Pike  
Rockville, MD 20852  
(800) 638-8255 (Toll Free)  
(301) 897-5700 (Voice or TTY)  
<http://www.asha.org> (Internet)
- Brain Injury Association, Inc.  
105 North Alfred Street  
Alexandria, VA 22314  
(800) 444-6443 (Toll Free)  
<http://www.biausa.org> (Internet)

**Disclaimer:** This information is intended for your use as appropriate. There are other possible options. Always speak to your doctor, nurse, or other persons whom you see for your health care needs if you have any questions.

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Provided as a courtesy by:

## **Rancho Los Amigos National Rehabilitation Center**

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