

Compliance with Speech Therapy

It is important that you attend regular speech therapy in order to facilitate quicker progress.

Exercises and activities conducted in the session should be carried over at home on a regular basis.

It is important to practice skills learnt in daily situations in order to become familiar with the corrected version of speaking.



Speech-Language Therapy

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Speech Disorders

Speak and Hear
Clear

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What is a speech disorder?

Speech disorders affect children and adults. Speech disorders are difficulties with pronouncing words clearly. Certain types of speech errors are typical i.e. they are usual and expected types of errors. Other speech disorders may have errors which are atypical i.e. unusual and unexpected speech difficulties. Speech disorders are also referred to as a “speech sound system disorder” or an articulation disorder. Articulation disorders are disorders which are caused by physical differences in the oral anatomy e.g. a tongue tie, tongue thrust, lisp, cleft palate. Both speech disorders and articulation disorders are diagnosed and treated by a speech– language pathologist (SLP). Diagnosis is done by completing a comprehensive assessment of the child to determine the nature of the speech difficulties.



What does a typical speech assessment comprise of?

Once you book an appointment with a SLP, a diagnostic assessment is usually completed within 2-3 sessions. On arrival you will be required to provide informed consent for yourself or your child to undergo the assessment. The first part of the assessment is a case history interview. This interview allows you the opportunity to express your concerns to the SLP and provide background information regarding the nature and severity of the speech difficulty. The assessment is conducted using standardized tests which are formal testing procedures to determine if your child or yourself is functioning at the appropriate age level as well as to highlight the nature of the difficulties. An examination of the oral structures using various tasks is conducted to determine if the oral muscles are functioning adequately for speech and non-speech tasks. A speech sample (collection of words and sentences) is collected and then analysed to determine the specific speech errors present.



What is speech therapy?

After a diagnostic assessment is completed, a feedback session is conducted. This session provides feedback on the results and outcomes of the assessment. Recommendations are made and a plan for speech therapy is suggested. Speech therapy sessions are generally 30 minutes on a one to one basis with the SLP and the client.



Speech difficulties which were picked up from the assessment are targeted in the session. The SLP uses different techniques, approaches, activities and games to structure a session which is fun, educational and improving the speech disorder. The duration of speech therapy solely depends on the nature of the difficulty as well as the motivation, co-operation, attention and behaviour of the client during the treat-

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