

# 'Dysarthria'

## Dysarthria

### What is dysarthria?

Dysarthria means problems speaking. It is a motor speech disorder that involves the muscles of the face, mouth and tongue, and coordination of speaking and breathing. It can be caused by nerve or brain damage.

This disorder may cause:

- Slurred speech
- Shortness of breath while speaking
- Poor coordination of phrasing and breath support
- Nasal sounding voice or speaking as if you had a cold
- Breathy or quiet voice
- Harsh or hoarse sounding voice
- Strained or strangled sounding voice
- Voice changes which sound too low or too high
- Monotone or flat sounding speech
- Slow rate of speech

### Waa maxay 'dysarthria'?

'Dysarthria' macnaheedu waa mashaakil la xiriira hadalka. Waa xanuun ah dhaqdhaqaaqa la xiriira hadalka oo ay ka mid yihiin muruqyada wajiga, afka, iyo carrabka, iyo isu-duwidda hadalka iyo neefsashada. Waxa keeni kara dhaawac ku yimaadda neerfaha ama maskaxda.

Xanuunkani wuxuu keeni karaa:

- Hadalkoo gama' gama' noqda
- Daciifnimo neefsasho marka la hadlayo
- Isu-duwid daciif ah oo hadal iyo taageero neefsasho
- Cod ama hadal ka iminaya sanko sida aad qabtid hargab
- Cod neefsi ah ama sanqar yar
- Cod u dhawaaqaya si kakan ama xabeeb leh
- Cod u dhawaaqaya si la ceejiyey
- Is-beddel cod oo u dhawaaqa si hoose ama si sare
- Hadal u dhawaaqaya si aan shucuur ku jirin oo taagan
- Hadal aad moodo qofka in laga soo jiidayo



## What can be done to improve my speech?

Your speech language pathologist (SLP) will evaluate your speech patterns, issues and concerns, and develop a treatment program for you. He or she may also give suggestions to help you with your speech, such as those listed in this handout.

### Ways to strengthen the muscles used for speech

- Exercises for breathing and your voice
- Exercises for lip, tongue and jaw movements
- Ways to improve the sound of your speech
- Speak slowly
- Break speech into short phrases
- Exaggerate movement of the lips and tongue
- Good posture
- Speak on a full breath of air

### Ways to help you keep focus when talking

- Avoid noise and other distractions, such as the TV or people talking.
- State the topic at the beginning of your conversation to help listeners understand.

## Maxaa la sameyn karaa oo lagu hagaajin karaa hadalkeyga?

Cilaajiyahaaga hadalka luqadda (SLP) ayaa qiimeyn doona qaababka hadalkaaga “speech patterns”, waxyaalaha jira iyo walaacyada, oo markaas adiga kuu sameyn doona barnaamij daawayn. Waxa kale oo laga yaabaa inuu bixiyo tallooyin adiga kaa caawin kara hadalka, sida kuwa ku qoran buug yaradan.

### Siyaabaha loo xoojiyo muruqyada loo isticmaalo hadalka

- Jimicsiyada neefsashada iyo kuwa codkaaga
- Jimicsiyada dhaqdhaqaaqa faruurta, carrabka, iyo daanka
- Siyaabaha loo hagaajiyo codka hadalkaaga
- Qunyar hadal
- Hadalka u kala jabi dhowr kalmadood oo gaagaaban
- Ka badbadi dhaqdhaqaaqa faruuraha iyo carrabka
- Joog fiican
- Ku hadal neef buuxda oo hawo ah

### Siyaabaha kaa caawiya inaad feejignaato marka aad hadleysid

- Ka fogow dhawaaq iyo waxyaalo kale oo ku jeediya sida TVga ama dad hadlaya.
- Marka u horeysa sheeg mowduuca hadalkaaga si aad dhageystayaashaada uga caawisid inay adiga ku fahmaan.

## **Ways to help your listeners better understand your speech**

- Allow extra time for communication, to not be rushed
- Repeat messages to confirm what is being said
- Write down important information to make sure key details are not lost
- Give positive feedback when messages are clearly understood

## **Siyaabo dhageystayaashaada ka caawinaya in ay si fiican u fahmaan hadalkaaga**

- U oggolow waqti dheer wada xiriirka oo ha dedejinin
- Ku celi farriimaha si aad u hubisid waxa la yiri
- Qor macluumaadka muhiimka ah si aad u hubiso inaan faahfaahin muhim ah lumin
- Jawaab celin saxa sii marka farriimaha si cad aad u fahmto

---

**Kala hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka hadii aad wax su'aalo ah ka qabto daryeelkaaga.**

**Talk to your doctor or health care team if you have any questions about your care.**