



Learn 10 Things Your Speech Language Therapist Wishes You Knew

Description

Whether you are seeking speech therapy for yourself or a loved one, there are a few things you should be aware of. Here's the lowdown on how speech therapy works, what to expect, and what you can do to receive the best outcomes from our team of therapists.



1. It is beneficial to retain an open mind.

When it comes to speech treatment, there is no such thing as a one-size-fits-all solution. It's highly personalized, which is a wonderful thing because we all learn differently!

Your speech therapist may advise you to try games, drills, or even role-playing. It is critical to be open to learning and experimenting with various evidence-based treatment methods.

2. Speech therapy is time-consuming.

We all want immediate gratification. When it comes to speech treatment, however, there is no miracle pill. The speed with which you see results is determined by various factors, including the difficulty of

the task and how frequently you practice the abilities you're learning.

The truth is that improvement can only be made by hard work, perseverance, and consistency, both in and out of speech therapy sessions. We would expect to see dramatic results after just one or two sessions, yet changes can be modest.

As a speech-language pathologist, I may notice changes such as improved turn-taking or sustained eye contact where there was none previously. I understand that it is easier said than done, but speech therapy works if you persist with it!

3. Be wary of claims that appear to be too wonderful to be true.

With the touch of a mouse, you may find a plethora of products, programs, and people claiming that this vitamin, diet, educational program, or software would help you enhance your communication skills quickly! However, for speech therapy to be effective, an examination by a certified speech-language pathologist is required. That way, the correct diagnosis may be made, and the appropriate evidence-based treatment plan can be developed and implemented.

4. You must complete your homework.

Assume you wanted to learn to play the guitar. So you go to a 30-minute lesson, but you don't pick up the guitar until the following weekly lesson. It wouldn't surprise me if you hadn't made any progress—or even if you had forgotten part of what you'd learned.

Consider doing this week after week. It would quickly become a waste of everyone's time and energy, and you would probably feel frustrated. How can this be avoided in speech therapy?

By completing the home practice assignments assigned to you by your speech therapist in-between visits. You might have the best speech-language pathologist in the world, but if no practice is done outside of sessions, improvement will be slow.

5. Make use of your support system!

Speech-language pathologists understand that when a client has a strong support system in place—someone (or someone!) who consistently shows up and engages in their speech therapy—they are more likely to succeed. They also do it at a faster rate.

A parent, caregiver, adult child, spouse, sibling, closest friend, or even a coworker might serve as a support system. Basically, it's anyone you feel at ease with and who is invested in your success. Your speech therapist can demonstrate how they can continue to assist you outside of speech therapy sessions.

6. It is rarely a smart idea to “wait and see.”

Some children may be “late bloomers,” and their delayed speaking is not caused for concern. But we

can never presume such until it is validated by a specialist. Similarly, some individuals may sustain a head injury or have a stroke and recover fully. If you have any concerns, it is never too early or too late to consult with a speech-language pathologist.

There is no disadvantage to getting a speech and language evaluation to ensure that everything is going as planned. Either you get peace of mind, or you get the education and expertise you need to begin addressing your communication difficulties.

7. Everything we do has a purpose, even if it appears to play.

In my years as a speech-language pathologist, I've heard clients say, "We used to go to speech therapy but stopped because they didn't actually accomplish anything. "They were simply sitting with my mum," or "they were just playing with my toddler."

Many persons cannot make progress in speech and language by completing worksheets at a desk. Speech therapy is all about incorporating strategies into your daily life. Your speech therapist should describe your therapy goals as well as the tactics you will use to achieve them.

If you're a caregiver for a child in treatment, know that we're not just playing when we spend a session stacking blocks and knocking them down! We could be aiming for significant linguistic goals like following multi-step instructions or learning positional ideas.

If you are a spouse or an adult child of a parent having therapy, you may allow some stillness to fill the room to assist your loved one in analyzing words so they can develop an acceptable answer. Everything your speech therapist does in a session provides information to them.

8. By "language," we do not mean English.

Here's an example of speech-therapy jargon. When we talk about "language," we're referring to two types: receptive and expressive. People who suffer from either type can benefit from speech therapy.

Your knowledge of the language is referred to as receptive language. It is the ability required for someone to comprehend what is being spoken. People who struggle with this may appear to be not listening or uninterested in what others are saying to them. They may struggle to understand questions and sentences or to follow verbal instructions.

The ability to communicate with people vocally, in writing, or through sign language or gestures is referred to as expressive language. Individuals with expressive language difficulties may not employ proper grammar or have a large vocabulary. They may use short sentences.

9. We deal with more than just speech.

When you think of speech therapy, you may see a child who stutters or speaks with a lisp. Speech-language pathologists, on the other hand, assess and treat persons of all ages who have communication problems, cognitive challenges, and even swallowing disorders. We provide a wide range of services and assistance for:

- Autism spectrum diseases
- Developmental or speech difficulties
- Articulation disorders
- Stroke-related problems such as aphasia
- Memory/attention problems caused by a traumatic brain injury
- Hearing loss (e.g., aural rehabilitation)
- Cleft palate
- Diseases such as cancer, cerebral palsy, and multiple sclerosis
- Neurogenic disorders such as Parkinson's disease
- Cognitive disorders such as dementia
- Public speaking
- Social skills

10. Everyone can benefit from speech therapy!

Speech therapy has no age restrictions. Everyone stands to gain. Speech-language pathologists may help everyone, from a youngster who needs help saying their first word to an adult who needs aid with public speaking or word finding. It is never too late to obtain the tools and resources you require to speak clearly!

Category

1. Education

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