

# Speech and Language Therapy



Patient Information Leaflet  
Easy Read



# If you need support to read this leaflet

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A member of staff or a carer can support you to read this leaflet.

They will be able to answer any questions that you have.

## Sunderland Action For Health website

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Our website provides useful information for people with learning disabilities, their carers and health professionals.

Information on the website includes Easy Read factsheets, leaflets, health action plans and appointment letters.



[www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

Speech and language therapists help people who have difficulties with communicating and swallowing.

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## Communication



We can help people with their understanding and support them to learn ways of communicating.



We will usually see people for an assessment and watch to find out how we might be able to help.



We might work with you, your family or carers and offer advice or training.



We can help you communicate in lots of different ways such as speech, signing, symbols or objects. We will help find what works best for you.

# Swallowing



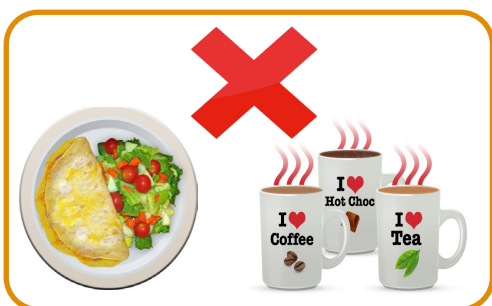
We work with people who have swallowing difficulties and offer help with eating and drinking.



Dysphagia means a difficulty eating and drinking. It can mean that eating or drinking is not safe or enjoyable.

It can include problems with:

- chewing
- moving food or drink around your mouth
- food getting stuck
- drinks going down the wrong way.
- loss of appetite
- certain types of food and drink



You can get an assessment from a Dysphagia Practitioner. This is usually a Speech and Language Therapist or a trained nurse.

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The Speech and Language Therapist may watch you and suggest ideas for helping you eat or drink.

It might be:

- a new cup
- sitting in a better position
- changes to some of the food you eat.



We will talk to you and your carers or family about your difficulties. We might talk to other people who work with you such as physiotherapist, GP and community nurses.

# How to contact us

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Please contact us if you feel you need support from a Speech and Language Therapist.

Phone our Initial Response Service:



0303 123 1145

Our services are based at Community Treatment Team Learning Disabilities, Monkwearmouth Hospital, Newcastle Road, Sunderland, SR5 1NB.

# Problems, complaints or suggestions

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Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy.

We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

Published by the Patient Information Centre

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NHS Foundation Trust

Ref, PIC/755/1221 December 2021 V3

[www.cntw.nhs.uk](http://www.cntw.nhs.uk) Tel: 0191 246 7288

Review date 2024

