

Speech and Language Therapy for voice and swallowing difficulties

Patient information leaflet



Why have I been referred to Speech and Language Therapy?

You have been referred to Speech and Language Therapy (SLT) because you have a voice problem, a difficulty with swallowing or a feeling of discomfort in your throat.

What do Speech and Language Therapists do?

Speech and Language Therapists are specialists in communication and swallowing disorders. Approximately 2.5 million people within the UK have a problem which affects their communication in some way. SLT may be able to help these people.

Where will you see us?

In the SLT department

You might also meet a Speech and Language Therapist in:-

- Ear, Nose and Throat (ENT) outpatient clinics
- Voice Clinic
- Milton Keynes Hospital on the wards.

At the first appointment we might

- Ask you to describe the problems you have been having
- Discuss what you hope to achieve from therapy and agree goals so that we can regularly review your progress and agree when you are ready to be discharged
- Ask you questions about your life; your work, your home, your hobbies and your health as these often have an impact on how we will work with you. We are likely to ask about any current medication
- Ask you questions about your voice, swallowing or throat problems
- Agree what help you need and how we will work with you
- Carry out an assessment of your voice or swallowing
- Record your voice.

The first appointment may last up to an hour, but subsequent appointments are likely to be between 30-45 minutes.

What will SLT involve?

Therapy varies depending on the type of problem you are experiencing. Therapy requires a commitment from you. We cannot offer a 'magic cure' and you will need to practice outside of therapy.

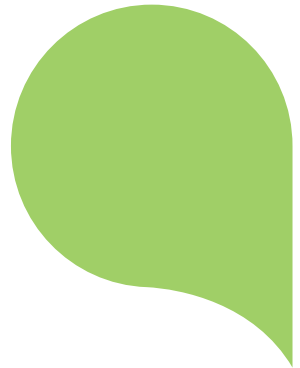
You may be seen:

- On your own
- In a group with other people who have similar problems
- For one appointment
- Regularly over a couple of months

Speech and Language Therapy is not elocution; we will not try to change your pronunciation.

Therapy might include one or more of the following:

- Advice on looking after your voice
- Exercises to improve the way your voice sounds
- Learning how to make your voice stronger and more reliable
- Exercises or techniques to improve your swallowing
- Exercises or techniques to make your throat feel better.



What to expect

- We will either telephone or send a letter to arrange an appointment with a named therapist
- If this appointment is not convenient, or if you have any additional requirements that you think we should know about, please call or write to us so that we can make arrangements that suit you. For example, we can arrange for an interpreter to be present
- We will do our best to make appointments at a convenient time; we usually work between 9am and 5pm, but some appointments may be available outside these times. We work Monday to Friday
- Pay and display car parking is available on the site
- It is good practice for us to liaise with whoever referred you to us, and with your GP. This will usually mean that we send them (and you) copies of letters we write. Your therapist will ask you if you are happy for this to happen, and will only do so with your consent.

If making a referral on behalf of someone else, please ensure you have their consent.



Where to find us?

If you would like to see a Speech and Language Therapist or get more information:

Speech and Language
Therapy Service

Milton Keynes University Hospital
Standing Way
Eaglestone
MK6 5LD

Tel: 01908 243 095

Fax: 01908 663 921

When we are not available, please
leave a message on our secure
answer phone.

Tell us we're listening

Our staff want to know how they
are doing. Tell us what you think
at: www.cnwl.nhs.uk/feedback
and then we'll know what we
have to do.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

We are now able to communicate with deaf or hard of hearing people via Text Relay. If you are making a call from a text phone dial 18001 + 01908 243568

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Urdu

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

Šį dokumentą paprašius taip pat galima gauti kitomis kalbomis, dideliu šriftu, Brailio raštu ir garso juostoje. Prašome kreiptis el.

Lithuanian

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Настоящий документ по отдельному запросу можно получить в переводе на другие языки, напечатанным крупным шрифтом или на аудиокассете.

Russian