

DYSPHAGIA: HOW CAN SPEECH AND LANGUAGE THERAPISTS HELP?

Speech and language therapists help to treat people with dysphagia by:

- Completing detailed and accurate assessments
- Providing an accurate diagnosis of dysphagia, which may assist with the differential medical diagnosis
- Ensuring safety with regards to swallowing function (by reducing or preventing aspiration)
- Balancing risk factors with quality of life, taking into account the individual's preferences and beliefs
- Working with other health professionals, particularly dieticians, to optimise nutrition and hydration
- Stimulating improved swallowing with oral motor/sensory exercises, swallow techniques and positioning



FIND OUT MORE AT [RCSLT.ORG/DYSPHAGIA](https://www.rcslt.org/dysphagia)