

Red Flags for Speech Therapy

Speech

- Soft voice
- Short rushes of slurred speech
- Hoarse voice
- Stuttering speech

Cognition

- Difficulty focusing on a task for a long period of time
- Difficulty focusing during situations that require you to multitask or pay attention to multiple things at once (ex. Walking and holding a conversation)
- Slower processing speed/delayed responses
- Difficulty planning ahead, taking initiative to get a task done
- Increased forgetfulness (ex. Remembering to take medications, remembering a list of errands)
- Word-finding difficulty (searching for the word you want to say)
- Difficulty reading and comprehending complex information (ex. Instructions for a new medication)

Swallowing

- Do you avoid any foods?
- Food or pills getting stuck in your throat or chest
- Coughing or clearing your throat when eating or drinking
- Food “going down the wrong pipe”
- Choking requiring the Heimlich
- Wet or gurgly vocal quality
- Painful swallowing
- Recurrent pneumonia
- Unintentional weight loss

Next steps

Bring this checklist to your next neurology or PCP appointment.

Show it to your doctor and ask for a referral to speech therapy.

Call to schedule a NM therapy appointment at (630) 933-1500.