



# CAN DO

MULTIPLE SCLEROSIS

## Managing Speech Intelligibility

1

### **SLOW DOWN**

Don't try to talk as rapidly as you did before. Your oral muscles and breathing may not be able to keep up with your thought process and the rate at which you say words. Think in terms of concentration on a slower speaking pace.

2

### **OVERARTICULATE**

Attempt to overexaggerate movements of your tongue, lips, and jaw. Make sure they make all the necessary contacts with teeth or roof of your mouth, etc., when talking.

3

### **PHRASING**

Try to use some phrasing in your speech. Rather than trying to say too many words in one breath, attempt to include more pauses for breathing.

4

### **STRATEGIC PAUSES**

On words with more than two syllables, try to pronounce them by breaking the words into syllables. For instance, intelligibility becomes in-tell-i-gi-bil-i-ty, ensuring that each segment or syllable, is evenly stressed.

5

### **CONVERSING**

Before starting a conversation, you may want to tell the listener that you are attempting to control your speech intelligibility during the conversation. Ask them to be patient. Most listeners don't know how to react when they hear someone with different speech patterns. They may want to finish the sentence for you or add a word to help you out. You can put them at ease by telling them how you want them to react.