

Stroke Awareness

Did you know that speech therapy plays a crucial role in stroke recovery? Here are some ways speech therapy can help individuals after a stroke:

1 - **IMPROVING COMMUNICATION:** More than 1 in 3 people with a stroke have communication problems afterward. Speech therapy can assist in regaining language skills, making it easier to express thoughts and understand others.

2 - **SWALLOWING REHABILITATION:** Many stroke survivors experience difficulty swallowing (dysphagia). Speech therapists can provide techniques and exercises to improve swallowing function and safety.

3 - **COGNITIVE REHABILITATION:** Speech therapy can address cognitive challenges such as memory loss, trouble with problem-solving, and poor attention to support overall cognitive function.

4 - **Voice Rehabilitation:** Speech therapy can help restore vocal quality and strengthen the voice for those with voice changes post-stroke.

If you or a loved one has experienced a stroke, remember that speech therapy is an essential part of the recovery journey. Together, we can empower stroke survivors to regain their voice and communication skills!

