

Understanding My Speech Disorder

A guide for teenagers and adults with apraxia of speech or persistent speech sound difficulties

Speech differences are not all the same

Childhood apraxia of speech (CAS) is a developmental difficulty planning and programming the movements needed for speech. Some people continue to experience speech difficulties into adulthood. Acquired apraxia of speech begins after neurological injury or disease and may occur alongside other communication difficulties. Persistent speech sound disorders can involve difficulties producing or organising particular sounds. Your speech profile is individual.

What people might notice

Speech may take extra effort, some words may be harder than others, and unfamiliar listeners may need more time. Clarity may vary with word length, fatigue, pressure or context. Speech clarity does not, by itself, tell someone how much you understand or what you can do.

What can help

Ask listeners to allow time, reduce background noise, confirm key information and use written messages or communication technology when helpful. You can choose whether to explain your diagnosis; you do not have to share every medical detail.

Personal notes / action worksheet

My main communication strengths are:

People understand me best when:

The situations I find most difficult are:

A helpful response when I am misunderstood is:

Further information

NHS - Apraxia of speech (<https://www.nhs.uk/conditions/apraxia-of-speech/>)

Information only. This resource is not a substitute for individual speech and language therapy, employment or legal advice.