



Health and Community Services

## Getting help from The Adult Learning Disability Service

### Speech and language therapy (SALT)



An **Easy Read** guide about what Speech and language therapy is and how it can help you.

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Speech and Language Therapy Department  
Adult Learning Disability Team

# Speech and language therapy



**Communicate**

Speech and language therapy helps people who find it hard to communicate.



Communication means telling other people what you want, think and feel.

It means understanding other people and information.



Communication can be lots of different things:

- talking
- listening
- writing
- signing
- pointing and gestures
- drawing pictures
- using photos and symbols



We can help you communicate by giving you new tools, objects and sometimes electronic devices to help you.

# Speech and language therapy



We do this by coming to see you and watching how you communicate.

We might ask you some questions and talk to your family and carers.



Speech and language therapy helps people with their eating, drinking and swallowing.



Dysphagia means you find it difficult to eat and drink.

If you have dysphagia we can make changes to your diet to help you and keep you safe.



A Speech & Language Therapist can visit you in your home with your family or Carers.

We look forward to meeting you!

# How to get an appointment with Speech and Language



Contact SPOR and ask for a form  
(Single Point of Referral)

Telephone: 01534 444440



Fill out the form and email it back.  
You parent or support staff can do this  
for you if you say it is ok.



You will get an appointment letter in  
the post or a telephone call.



Sometimes we will see you quickly,  
other times you will be put on a  
waiting list.



If you are worried about your health  
while you are waiting to see us then  
please call your  
doctor or nurse.