

Delays & Disorders Explained – Apraxia –

A GUIDE FOR CAREGIVERS



WHAT IS APRAXIA?

Apraxia is a neurological condition that affects a person's ability to plan and execute purposeful movements, such as speaking or gesturing.

- Imagine trying to tell your body to do something, but it doesn't respond the way you want it to.
- This can be frustrating and challenging, especially for children and their parents.

WHAT ARE THE COMMON SIGNS?

For parents, it is crucial to know that apraxia of speech can manifest differently in each child, but there are some common signs to watch for.

Children with apraxia may have difficulty with:

- Forming clear words or sentences, often resulting in slurred or unclear speech.
- They might struggle with coordinating their tongue, lips, and jaw to make the right sounds.
- Intelligibility of speech so are not understood by others.
- Inconsistencies in sound or word productions.

WHAT DOES THERAPY FOR APRAXIA INVOLVE?

Speech-Language Pathologists can address motor planning and sequencing movements that improve speech sounds and sequence/blending.

In therapy sessions, children work on improving their motor planning skills, learning how to move their speech muscles more effectively.

These sessions may involve:

- Repetition of placement cues for eliciting sounds.
- Practice with tactile/placement cues to facilitate speech productions.
- Exercises to help improve speech.

WHAT CAN BE PRACTICED AT HOME?

In addition to speech therapy, parents can support their child by practicing at home, using:

- Games & Activities that encourage clear speech and communication.

It is essential to be patient and understanding, as progress can be slow but is achievable with consistent effort.