

Speech Pathology

Speech Pathology helps with communication, cognition and swallowing.

We see people aged 65 years or older and people with a disability who are less than 65 years of age, and their carer.

We work as part of a team with Physiotherapists, Occupational Therapists, Podiatrists and Dietitians, to help people live as independently as possible.

Communication

Communication is a vital part of our lives. We communicate for many reasons. For example: to socialise, speak on the phone, get information, and give an opinion. We help with:

- Understanding instructions
- Following what people are saying
- Finding the right word to use when talking or writing
- Speaking clearly and being understood by others
- Changes in voice like quiet or rough sounding voice
- Reading
- Writing
- Hearing conversations



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Cognition

Cognition helps people to communicate, remember, plan and work through ideas. We help with:

- Changes in memory
- Remembering information like appointments
- Concentrating during tasks
- Taking part in conversation
- Finding your way around familiar environments
- Planning and organising daily activities, such as paying bills, cleaning, cooking and managing medications

Swallowing

Eating and drinking is a very important and social part of life. Swallowing difficulties can be serious if not treated. We help with:

- Chewing difficulties
- Coughing, choking or throat clearing on foods or drinks
- Wet or “gurgly” sounding voice after eating or drinking
- Shortness of breath during or after eating or drinking
- Food or tablets feeling stuck
- Dribbling or excess saliva
- Dry mouth or thick saliva

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