



1 in 6 PEOPLE IN CANADA HAS A SPEECH,
LANGUAGE OR HEARING DISORDER.

**COMMUNICATION
TOUCHES EVERY ASPECT
OF OUR LIVES,
NO MATTER WHAT WE DO,
WHERE WE LIVE OR
HOW OLD WE ARE.**

Why Is Communication Health Important?

We experience the world through our senses, by communicating with each other and with our surroundings. We use communication to learn, to express ourselves, to work and to build and nurture relationships.

Communication disorders can have a significant impact on our physical, emotional, social, vocational and financial well-being. The earlier that a disorder is identified and treated, the better a person's chances are for improvement or even recovery.

If you think you, or someone you know, has a communication disorder, consult a speech-language pathologist or audiologist today.

www.communicationhealth.ca.

What Do Speech-Language Pathologists and Audiologists Do?

Speech-language pathologists are professionals who work with people of all ages to prevent, assess and treat speech, language, voice, swallowing and cognitive communication disorders.

Audiologists are professionals who work with people of all ages to prevent, assess and treat hearing loss, tinnitus (ringing in the ears), other auditory disorders and balance disorders.

About SAC

Speech-Language and Audiology Canada (SAC) is a member-driven organization that supports, promotes and elevates the professions of our members and associates. We are the only national organization passionately supporting and representing speech-language pathologists, audiologists and communication health assistants inclusively. Through this support, we champion the needs of people with communication disorders.

To learn about our annual Speech and Hearing Month campaign, please visit www.maymonth.ca.



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Communication Health and AGING



Caring about communication health.

IT STARTS WITH YOU.



Speech, language, thinking and swallowing problems are often caused by stroke, head and neck cancers, traumatic brain injury or neurodegenerative diseases (such as Alzheimer's, dementia, Parkinson's or ALS).

SOME SIGNS OF SPEECH OR LANGUAGE DISORDERS:

- Difficulty finding and expressing the right words.
- Speaking in short, fragmented phrases.
- Saying words in the wrong order.
- Struggling to understand others when they are speaking.
- Difficulty reading and writing.
- Slurred or mumbled speech.
- Difficulty having meaningful conversations.

SOME SIGNS OF SWALLOWING DISORDERS (DYSPHAGIA):

- Coughing episodes when drinking or eating.
- Difficulty swallowing medication.
- Feeling as though food is stuck in throat.
- Avoiding certain foods or drinks because they are hard to swallow.
- Feeling embarrassed to eat in public; eating is no longer pleasurable.
- Finding it hard to chew and swallow food.
- Weight loss.
- Food, drinks or saliva falling from mouth.

THE RISK OF FALLING IS
3 to 4 TIMES HIGHER
AMONG OLDER PEOPLE
WITH BALANCE DISORDERS,
MUSCLE WEAKNESS OR GAIT PROBLEMS



95% OF PEOPLE
WITH DEMENTIA
HAVE DIFFICULTY COMMUNICATING

INDIVIDUALS WITH
HEARING LOSS ARE

**2 to 5
TIMES**

MORE LIKELY TO
DEVELOP DEMENTIA



90%

OF PEOPLE
WITH HEARING LOSS
COULD BENEFIT FROM
HEARING AIDS



UP TO
78%
OF STROKE PATIENTS HAVE
A SWALLOWING DISORDER



OVER
100,000

**CANADIANS
HAVE APHASIA**

*(a disorder caused
by damage to parts
of the brain that
control language)*

Hearing loss and other auditory disorders may be caused by aging, noise exposure, head injury, medications or may be present from birth.

Balance disorders may be caused by certain medications, inner ear problems, ear infections or head injury.

SOME SIGNS OF HEARING LOSS OR OTHER AUDITORY DISORDERS:

- Difficulty following conversations.
- Hearing but not understanding spoken words.
- Persistent discomfort in ear(s) after being exposed to loud noises.
- Frustration when trying to listen to speech or other sounds.
- Avoiding conversations and withdrawing from social situations.
- Ringing, buzzing, chirping, whistling or whooshing in ears.

SOME SIGNS OF BALANCE DISORDERS:

- Dizziness.
- Feeling fullness or pressure in the ears.
- Nausea, vomiting, light-headedness, changes in heart rate and blood pressure, fear and/or anxiety.
- Feeling as though you are moving or spinning.
- Feeling as though your environment is moving or spinning.
- Blurred vision.
- Feeling unsteady and having difficulty standing or walking.

QUESTIONS? Contact a speech-language pathologist.

QUESTIONS? Contact an audiologist.