

# ABOUT

## Speech and Hearing BC

### THE ABILITY TO COMMUNICATE IS YOUR BRIDGE TO THE REST OF THE WORLD.

Speech and Hearing BC believes in the importance of providing treatment to individuals of all ages who may experience problems with their speech, language, hearing, voice, swallowing, stuttering, or social communication.

We provide educational resources for those wishing to find out more about a wide range of speech-language and hearing disorders, and support advocacy efforts for continued access to these services.

We can connect people who have communication disorders with highly trained, certified professionals across BC who can help.

Lives are changed by improved communication. Seeking help can make a positive difference to you, your family, and our society.

- ▶ **CHANGING** lives by improving communication.
- ▶ **EDUCATING** about speech, language, swallowing and hearing disorders.
- ▶ **ADVOCATING** for the importance of public access to treatment services.
- ▶ **SUPPORTING** more than 1200 speech-language pathologists and audiologists in BC.
- ▶ **CONNECTING** those in need with those who can help.

### Where can I find out more?

The Speech and Hearing BC website provides a list of communication disorders and symptoms, as well as useful articles and a list of SLPs and Audiologists practicing in BC.

Visit [speechandhearingbc.ca](http://speechandhearingbc.ca) to find these resources or connect with us, or call us at **604-420-2222**.



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## Speech-Language Difficulties

**One in 10 people** in British Columbia has a speech or language disorder.

**One in approximately 100 children** in Canada has autism and all of these children experience a speech-language difficulty.

Speech and language problems can occur at any time in our lives, causing feelings of isolation and frustration. They can include difficulties with:

- ▶ Understanding spoken or written language
- ▶ Making oneself understood to others
- ▶ Speaking clearly and fluently
- ▶ Social skills and interaction
- ▶ Swallowing and eating

### What can a Speech-Language Pathologist help with?

- ▶ Identifying and assessing communications disorders in people of all ages.
- ▶ Planning and implementing treatment for speech, language, voice, stuttering and swallowing disorders.
- ▶ Consulting with health care support workers and autism intervention teams.



### We're Here to Support You

Contact us by visiting our website at [speechandhearingbc.ca](http://speechandhearingbc.ca) or call our main office at **604-420-2222**.

## Audiology Difficulties

**More than 1 million Canadians** have a hearing-related disability.

**20 percent of adults over 65** and **40 percent of adults over 75** experience a significant hearing problem.

Hearing loss can isolate us from our family, friends, and every aspect of our lives. Thousands of individuals each year face:

- ▶ Hearing loss
- ▶ Dizziness
- ▶ Tinnitus (ringing in the ears)
- ▶ Problems with balance

*All of these issues can be helped by professionals.*

### What can an Audiologist help with?

- ▶ Assessing hearing difficulties.
- ▶ Selecting and fitting hearing aids suited to your individual needs.
- ▶ Designing and implementing rehabilitation strategies for hearing impaired clients.

## Hearing Aids

Today's hearing aids are more advanced and personalized than ever before. They can be programmed to meet the individual hearing loss of the wearer, and be adapted to different situational needs, such as work environments.

A range of technology levels and prices can be explored to suit each budget, and hearing aids for children are often covered through local health units.

*If you are experiencing a hearing problem, contact a local audiologist who can provide a hearing evaluation to determine the problem and suggest next steps for treatment.*

## Helping Children with Speech-Language & Hearing Problems

By the time a child is four and a half, they will know approximately 2,000 words and 90-100 percent of their speech will be understood. From birth to school, children's language development is rapid. Ensuring your child's speech and language is appropriate for their age will promote their learning both in and out of the classroom.

### Tips to encourage communication development:

- ▶ Read with your child
- ▶ Be a model for correct pronunciation
- ▶ Talk about things as they happen
- ▶ Give your child the opportunity to make verbal choices, such as asking "Do you want an apple or an orange?"
- ▶ Play guessing games such as "I Spy"
- ▶ Use open-ended questions such as "What should we buy?"

### Warning signs your child may be experiencing difficulties:

- ▶ Speaks using incomplete sentences
- ▶ Seems unable to follow oral directions
- ▶ Avoids or gets stuck on certain words and sounds
- ▶ Has problems swallowing or chewing
- ▶ Is unable to control the volume of their speech appropriately
- ▶ Has difficulty playing or communicating with family and friends

*If your child is experiencing problems, contact your local doctor or find out more at [speechandhearingbc.ca](http://speechandhearingbc.ca).*