

# WHAT TO LOOK FOR

## SIGNS OF AN IMPAIRMENT VS. NORMAL AGING

1

### SWALLOWING IMPAIRMENT

- Difficulty swallowing food, drinks, or pills
- Coughing or throat clearing while eating or drinking
- Food or pills feeling stuck
- Difficulty pushing food to the back of the mouth to swallow it

2

### VOICE IMPAIRMENT

- Hoarse, weak or raspy voice
- Difficulty projecting the voice or getting asked to repeat things often
- Running out of air when speaking

3

### SPEECH/LANGUAGE IMPAIRMENT

- Difficulty expressing want and needs clearly
- Increased frustration when trying to communicate
- Difficulty finding the right words and getting them out correctly

4

### COGNITIVE IMPAIRMENT

- Difficulty managing medications, paying bills, following recipes, or completing other daily life tasks
- Difficulty remembering new information
- Confusion and disorientation
- Getting lost going to familiar places

**FOR MORE TIPS VISIT OR CALL**

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