



言語治療

言語治療為患有溝通障礙、語言、發音、聲線及吞嚥有困難的兒童及成人提供服務。

服務範圍包括評估、診斷及治療。我們會先運用標準化的評估工具及行為觀察，為求診人士進行詳細評估，以訂定治療目標，再為其進行個別治療。

治療對象

兒童：

- ☐ 發展性語言障礙/遲緩
- ☐ 發音障礙(咬字不清楚)
- ☐ 聲線障礙(如聲線沙啞)
- ☐ 流暢障礙(口吃)
- ☐ 社交發展障礙(如自閉症)
- ☐ 聽覺障礙

成人：

- ☐ 聲線障礙
- ☐ 發音障礙
- ☐ 語言障礙(由中風等腦部疾病或創傷所引致)
- ☐ 喉切除術後復康
- ☐ 言語流暢障礙(口吃)
- ☐ 吞嚥障礙

成因及治療方法

發展性語言障礙/遲緩

主要源於成長階段缺乏適當的語言刺激、智力發展遲緩、社交發展障礙(如自閉症)、弱聽、腦部發展不全或創傷等，有些是原因不明的。

透過語言豐富的活動及練習，改善兒童的表達及理解能力，使達至同智齡的語言能力。家長也會接受訓練來啟發兒童的語言能力。

發音障礙

成因普遍為語音掌握緩慢、口腔肌肉不協調，或受不正確的語音模範所影響。其他成因為弱聽、構音器官結構異常(如兔唇、裂顎)等。

利用和語音有關的遊戲和練習，訓練兒童和成人清楚準確地發出所有語音，並應用於日常生活。

聲線障礙

發聲方法不當或長期濫用聲線會形成發聲困難。其他成因有聲帶長出繭或息肉、聲帶癱瘓、情緒困擾等。

言語治療師會協助患者進行聲帶護理、鬆弛練習和發聲及呼吸練習，使他們更有效地發聲。

言語流暢障礙(口吃)

口吃的成因大致為心理、生理及遺傳因素。

通過訓練，患者會重新學習一套說話方式，使他們的說話變得流暢自然，重建信心。

神經性溝通障礙

由腦部疾病或創傷所引致，如中風、腦腫瘤、腦創傷、帕金森症等。神經性溝通障礙可導致理解、說話及讀寫困難，症狀視乎腦部受損的部位及嚴重程度而定，如失語症、構音障礙。

通過練習，可增強患者面部及口腔肌肉的控制能力，和增進溝通技巧。而家屬也會接受訓練，以掌握與患者溝通的技巧。如有需要，我們會使用其他溝通工具協助治療。

吞嚥障礙

腦部受損，如中風、腦部創傷、帕金森症、老人痴呆症等，均會引致吞嚥障礙。

因應吞嚥障礙的根源、症狀和類別，使用不同的方法治療，如改善食物的稀濃度及肌肉訓練，以改善患者吞嚥之能力。

轉介手續

如有需要，可直接聯絡我們約見，亦歡迎由醫生、老師或其他專業人士轉介。

特約門診部

香港跑馬地山村道二號
養和醫院李樹培院一樓

查詢或預約，歡迎聯絡我們

電話：2835 8607

傳真：2892 7507

電郵：ppc@hksh.com

<http://www.hksh.com>

言語治療
Speech Therapy



Speech Therapy

Speech Therapy aims to provide high quality services to help children and adults with communication, speech, language, voice, fluency and swallowing difficulties.

Services are provided to clients of all ages. A diagnostic speech and language assessment will be carried out. The results will be analyzed to design appropriate therapy programmes tailored to the needs of the clients. Therapy sessions are conducted on an individual basis.

Who Can Benefit from Our Service?

Children with:

- Developmental language disorder/language delay
- Articulation difficulties
- Voice problems
- Fluency problems (stuttering)
- Social problems (autism/Asperger's syndrome)
- Hearing impairment

Adults with:

- Voice problems
- Articulation problems
- Communication problems following a cerebrovascular attack (stroke) or head injury
- Laryngectomy
- Fluency problems (stuttering)
- Swallowing difficulties

Causes & Therapy Options

Developmental Language Disorder/ Language Delay

Major causes are lack of language stimulation, impaired intelligence, social/pragmatic disorder (e.g. autism), hearing impairment, learning disability, etc. Some are of unknown reasons.

With language games and activities, children are trained to achieve appropriate expressive and comprehensive language abilities equivalent to their mental age. Training for parents is also provided to facilitate language development of their children.

Articulation Disorders

Major causes are delay in articulation development, in-coordination of oral musculatures and inappropriate modeling. Other causes are hearing impairment, cleft lip, cleft palate, etc.

Through articulation exercise, the clients can be trained to produce the sounds correctly.

Voice Disorders

Inappropriate use of voice or vocal abuse will lead to voice disorders. Other causes are vocal nodules, vocal polyps, vocal paralysis or emotional problems.

The speech therapist will design a programme for the clients on vocal hygiene, relaxation exercises, breathing and voice exercise.

Fluency Disorders

Fluency disorders are due to psychological, physical or hereditary causes.

The clients will be taught a new way of speaking to help them speak smoothly and fluently.

Neurological Communication Disorders

Major causes are brain disease or trauma, such as stroke, brain tumour, head injury, Parkinson's disease, etc. Depending on the site and severity, clients suffer from difficulties in understanding, speaking, reading and writing, as in aphasia, apraxia and dysarthria.

Exercise will be used to enhance communication strategies and strengthen the oral musculature to improve speech clarity. Training for family members will also be provided to facilitate communication skills. When necessary, alternative communication device will be used.

Swallowing Disorders

Damage to the nervous system such as stroke, brain injury, Parkinson's disease, Alzheimer's disease, etc. will lead to swallowing problems.

Treatment varies depending on the cause, symptoms and type of swallowing problem. Altering food and liquid textures and/or exercises are used to help clients swallow more effectively.

Referral Procedures

Clients or their family members may contact our service directly for appointment. Referrals by medical practitioners, teachers or other professionals are welcome.



Private Patient Clinic

1/F, Li Shu Pui Block, Hong Kong Sanatorium & Hospital
2 Village Road, Happy Valley, Hong Kong

For enquiries and appointment, please contact us at:

Tel : 2835 8607

Fax : 2892 7507

E-mail : ppc@hksh.com

<http://www.hksh.com>