



# SELF MANAGEMENT IN ACTION

## Support self management through speech and language therapy

### Example 1:

Kim Hartley, National Officer for the Royal College of Speech and Language Therapists once worked with a young lady who had significant swallowing difficulties and was coughing and choking all the time.

**“Because of her eating problems, she was very, very thin and had never grown to her full expected height. She had repeated chest infections and was always ill, which meant that she kept missing things that she really wanted to go to.”**

Kim worked with her and her service carers to come up with guidelines to help overcome her eating difficulties. Once they all began to use the guidelines, she gained weight, stopped having chest infections and her whole physical health improved. She was able to go out and enjoy the things that she wanted to do.

**“It didn’t require any further input from me but what we had managed to create through working together was a ticket to her getting past all those things that were stopping her from enjoying life. This is where speech and language therapy fits into self management.”**

### Example 2

Kim worked with was a gentleman who gave this account of his experience:

**“In late 2009, I was told by surgeons that not only may I never talk again but perhaps I would never eat or drink again. I can now do all those and much, much more. This was made possible by a speech and language therapist’s determination that I would recover quality of life. When my grandson was born in 2010, I could only hold him if I was sitting down and someone gave him to me. With the support of speech and language therapy, I persevered and was more able to support myself to eat and drink. This helped me build strength and I can now carry him up and down the stairs, wrestle around to our mutual delight and talk to him as he learns to talk.”**

As Kim says:

**“To Tom, the support he had was priceless and a reason for living. I think that story is a fantastic example of how we’ve given him the tools to live the life he wants to live, and his grandson gains too.”**

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