

The Royal College of Speech and Language Therapists

Manifesto for the 2021 Assembly Elections



This manifesto seeks to raise the importance of speech and language therapy (SLT), why it matters, how vital SLT is to the prevention agenda, and the new models of care which aim to provide 'value based healthcare' as well as care closer to home.

Speech and language therapy transforms lives. Speech and language therapists support people with communication, swallowing, eating and drinking difficulties at every age and stage of life. They work with babies who have feeding difficulties, children with speech, language and communication needs (SLCN), and adults who have had a stroke or have been affected by neurological conditions, including dementia.

1. Early Language Development

The long term consequences of not dealing with any SLCN at a young age can put children at greater risk of poor literacy, mental health issues and poorer employment outcomes in adulthood.

Given the strong evidence on the relationship between disadvantage and early language delay, it is welcome that the Flying Start programme has prioritised speech, language and communication from its inception with a speech and language therapist (SLT) employed at every Flying Start team in Wales.

50% of children living in poverty may start school with Speech, Language & Communication Needs.¹

1 in 4 children who struggled with language at age 5 did not reach the expected standard at the end of primary school.²

88% of long-term unemployed young men have speech, language & communication needs.³

Without effective help, **1 in 3 children** with speech, language & communication difficulties **will need treatment for mental health.**⁴

81% of children with emotional & behavioural disorders have significant language deficits.⁵

Up to **60% of young people in the youth justice estate** have speech, language & communication needs.⁶

Case study: Bridgend Flying Start

Speech and Language Therapists won an NHS Wales award for their work with Flying Start nurseries in Bridgend in reducing language delay in two and three year olds. Out of over **600** children screened on starting nursery, **73%** were assessed as having significant language delay, which would impact on future learning development. After the interventions delivered by nursery staff, which were planned and supported by the Flying Start Speech and Language Therapists, **68%** of the children with the worst language delay had improved⁷.

We would like to see:

- ◆ A commitment to deliver and appropriately fund the key actions within the newly published Speech, Language and Communication delivery plan. This will ensure that children throughout Wales have access to high quality, universal, targeted and specialist support in the early years to develop their speech, language and communication skills.
- ◆ Investment into research to explore bilingual SLT support, so there can be equal support for Welsh and English speaking children.
- ◆ The Welsh Government continue to provide a Speech and Language Therapist in every Flying Start Programme in Wales, including whole time equivalent provision per population size.

1 Locke A, Ginsborg J, Peers I. (2002) Development and disadvantage: Implications for the early years and beyond. *International Journal of Language and Communication Disorders*, 37(1), pp. 3-15.

2 Save the Children (2016) Early language development and children's primary school attainment in English and Maths: new research findings, London: Save the Children.

3 Elliott N (2009) Interim results from PhD in preparation. *An investigation into the communication skills of long-term unemployed men*.

4 Clegg J, Hollis C, Rutter M. Life Sentence. *RCSLT Bulletin* 1999; 571, 16-18.

5 Hollo et al (2014) *Unidentified Language Deficits in Children with Emotional and Behavioural Disorders: A Meta-Analysis*.

6 Bryan K, Freer J, Furlong C. Language and communication difficulties in juvenile offenders. *International Journal of Language and Communication Difficulties* 2007; 42, 505-520.

7 Jones, Rebecca (2015). Reducing the impact of language delay on two to three year olds in Bridgend. Abertawe Bro Morgannwg University Health Board: Swansea. <http://www.nhswalesawards.wales.nhs.uk/previous-nhs-wales-awards-winners>

2. Primary Care and care closer to home

The Royal College of Speech and Language Therapists welcomes that the Primary Care Model for Wales will be based on a more preventative and coordinated care system which includes general practice and a range of services for communities and care closer to home. This model will become ever more important in response to the COVID-19 pandemic which early indications suggest will lead to a high demand for community rehabilitation, not only for those affected by COVID but also those with existing needs who have not accessed support during the pandemic and those who have been shielding.

SLTs can play a key role in achieving the ambition to deliver more integrated health and care closer to home. Speech and Language Therapy manages the risk of harm and reduces functional impact for people with speech, language and communication support needs and/ or swallowing difficulties. SLTs already undertake a number of roles as part of primary care teams with the aim of maximising independence and avoiding hospital admission. For example:

- ◆ SLTs provide telephone triage to care homes, removing the need for a GP visit. They provide training to care home staff and others in the community to manage decline in swallowing performance from age and disease. SLT intervention is proven to reduce morbidity, mortality and prevent hospital admissions.
- ◆ There is also emerging evidence of non-pharmacological treatment approaches and specifically speech and language interventions in the treatment of coughs.¹¹ Cough is the most common symptom for which patients seek medical advice. If speech and language therapy were to be considered as a routine treatment for the estimated 20% of chronic cough patients for whom medication is ineffective, there could be a significant reduction in the economic burden of this condition.

Despite the evidence of the value of the inclusion of SLTs within multi-disciplinary community teams, we are aware that too few teams across Wales stipulate the inclusion of the role as part of a dedicated primary care integrated workforce. In the current model,

A snapshot of community SLT rehabilitation needs

At least **40% of stroke survivors will initially experience some difficulty swallowing.** If left untreated, swallowing difficulties can result in pneumonia, increased hospital admission and lengthier stays in hospital.⁸

Changes to swallowing affect eating and drinking for up to **80% of people with Parkinson's** and become a major issue as the condition progresses.⁹

Speech problems (dysarthria) occur in **more than 80% of people living with Motor neurone disease** as the illness progresses.¹⁰

services are often provided by small, flexible teams who must meet the competing demands of primary and secondary care. COVID-19 will bring additional pressures to an already stretched community speech and language therapy workforce.

We would like to see:

- ◆ A commitment by political parties to drive forward progress in developing multi-disciplinary teams within primary care so that everyone is able to access SLTs, and other AHPs from their GP practice, or within direct access services, such as walk-in clinics (see model below).
- ◆ More work to exploit skill mix to ensure the contribution of the SLT profession to community care in the long-term.
- ◆ A commitment from political parties to include an explicit focus on community rehabilitation in your manifestos and to deliver the aims of the Right to Rehab campaign through the delivery of a strategy, or plan which is adequately funded.

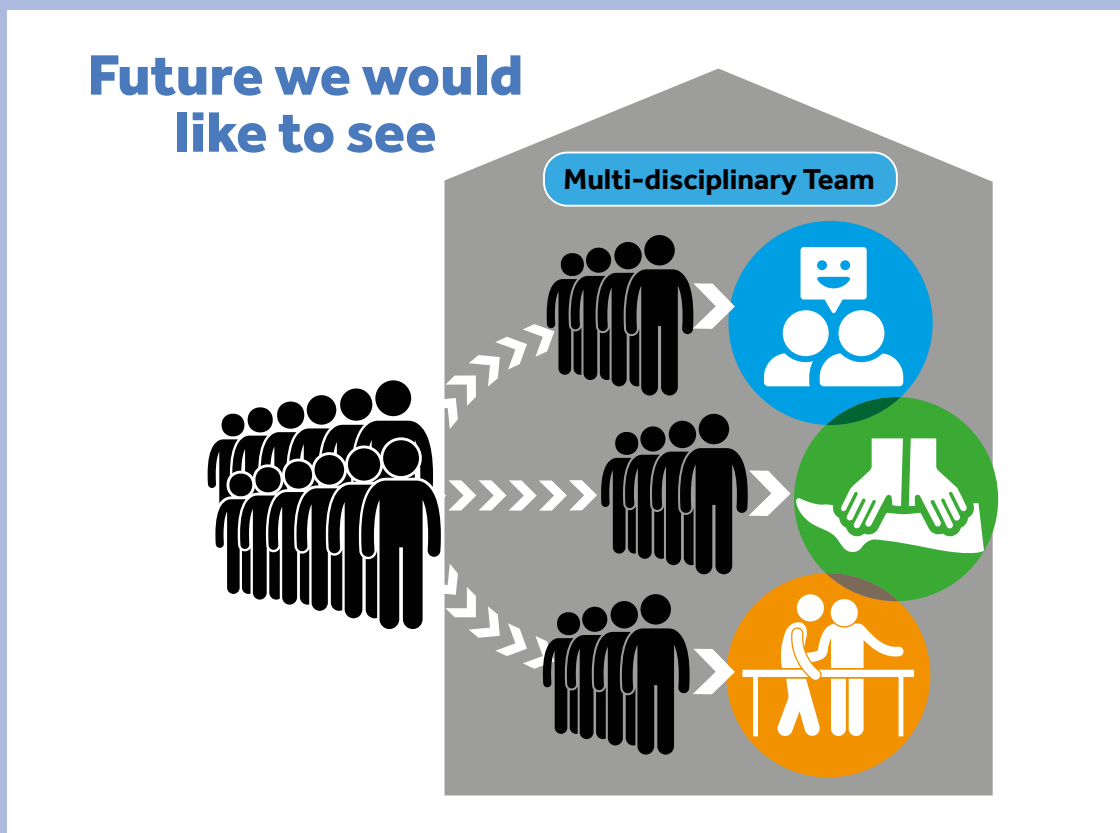
8 Stroke Association (2012). Speech and Language Therapy after Stroke. Stroke Association: London.

9 Miller N, Allcock L, Jones D, et al. Prevalence and pattern of perceived intelligibility changes in Parkinson's disease. J Neurol Neurosurg Psychiatry 2007;78:1188-90

10 Tomik, B. and R.J. Guiloff, Dysarthria in amyotrophic lateral sclerosis: A review. Amyotrophic Lateral Sclerosis, 2010. 11(1-2): p. 4-15.

11 Vertigan a and Gibson, P (2009). Chronic cough and laryngeal dysfunction improve with specific treatment of cough and paradoxical vocal fold movement. Cough 5: 4

The graphic below shows how SLTs and other Allied Health Professionals (AHPs) could do more to ease pressure on General Practice.



www.rcslt.org/policy/wales

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Coleg Brenhinol y Therapyddion Lleferydd ac Iaith

Manffesto ar gyfer

Etholiadau'r Cynulliad 2021



COLEG BRENHINOL
THERAPYDDION
LLEFERYDD AC IAITH

Mae'r manffesto hwn yn ceisio cynyddu pwysigrwydd therapi lleferydd ac iaith (SLT), pam y mae'n bwysig, pa mor hanfodol yw SLT i'r agenda ataliaeth, a'r modelau gofal newydd sydd yn ceisio darparu 'gofal iechyd yn seiliedig ar werth' yn ogystal â gofal yn agosach at y cartref.

Mae therapi lleferydd ac iaith yn trawsnewid bywydau. Mae therapyddion lleferydd ac iaith yn cynorthwyo pobl ag anawsterau cyfathrebu, llyncu, bwyta ac yfed yn ystod pob oed a cham o'u bywyd. Maent yn gweithio gyda babanod sydd yn cael anhawster i fwydo, plant ag anghenion lleferydd, iaith a chyfathrebu (SLCN), ac oedolion sydd wedi cael strôc neu glefyd niwrolegol, yn cynnwys dementia.

1. Datblygiad iaith Cynnar

Gall canlyniadau hirdymor peidio â mynd i'r afael ag unrhyw SLCN yn gynnar roi plant mewn mwy o berygl o lythrennedd gwael, problemau iechyd meddwl a chanlyniadau cyflogaeth gwaeth fel oedolion.

Oherwydd y dystiolaeth gref rhwng anfantais gymdeithasol ac oedi mewn sgiliau iaith, mae rhaglen Dechrau'n Deg wedi rhoi blaenoriaeth i leferydd, iaith a chyfathrebu ers dyddiau cyntaf y rhaglen. Mae pob tîm Dechrau'n Deg yng Nghymru ar hyn o bryd yn cyflogi Therapydd iaith a Lleferydd.

Gall 50% o blant sydd yn byw mewn tloedi ddechrau'r ysgol ag Anghenion Lleferydd, iaith a Chyfathrebu.¹

Ni wnaeth 1 mewn 4 o blant gafodd anawsterau gydag iaith yn 5 oed gyrraedd y safon ddisgwyliedig ar ddiwedd yr ysgol gynradd.²

Mae gan 88% o ddynion ifanc di-waith yn yr hirdymor anghenion lleferydd, iaith a chyfathrebu.³

Heb gymorth effeithiol, **bydd angen triniaeth ar gyfer iechyd meddwl ar 1 mewn 3 o blant** ag anawsterau lleferydd, iaith a chyfathrebu.⁴

Mae gan 81% o blant ag anhwylderau emosiynol ac ymddygiadol ddiffygion iaith sylweddol.⁵

Mae gan hyd at **60% o bobl ifanc yn yr ystâd cyfiawnder ieuencid** anghenion lleferydd, iaith a chyfathrebu.⁶

Astudiaeth Achos: Dechrau'n Deg Pen-y-bont ar Ogwr

Enillodd Therapyddion Lleferydd ac iaith Pen-y-bont ar Ogwr wobwr GIG Cymru am eu gwaith yn gostwng oedi mewn sgiliau iaith plant dwy a thair oed. O'r dros **600** o blant a gafodd eu sgrinio pan oeddent yn dechrau mewn meithrinfa, aseswyd fod gan 73% oedi sylweddol mewn sgiliau iaith, a fyddai'n effeithio ar ddatblygiad dysgu yn y dyfodol. Ar ôl yr ymyriadau a gyflwynwyd gan staff meithrin, a gynlluniwyd ac a gefnogwyd gan Therapyddion Lleferydd ac iaith Dechrau'n Deg, roedd **68%** o'r plant gyda'r oedi gwaethaf mewn sgiliau iaith wedi gwella⁷.

Hoffem weld:

- ◆ Ymrwymo i gyflenwi a rhoi cyllid priodol i'r camau gweithredu allweddol o fewn y cynllun cyflenwi Lleferydd, iaith a Chyfathrebu a gyhoeddwyd yn ddiweddar. Bydd hyn yn sicrhau fod gan blant ledled Cymru fynediad i gefnogaeth ansawdd uchel, gyffredinol, wedi'i thargedu ac arbenigol yn y blynyddoedd cynnar i ddatblygu eu sgiliau lleferydd, iaith a chyfathrebu.
- ◆ Buddsoddiad mewn ymchwil i archwilio cymorth SLT dwyieithog, fel bod cymorth cyfartal ar gyfer plant Cymraeg a Saesneg eu hiaith
- ◆ Llywodraeth Cymru'n parhau i ddarparu Therapydd Lleferydd ac iaith ym mhob Rhaglen Dechrau'n Deg yng Nghymru, yn cynnwys darpariaeth gyfwerth ag amser llawn fesul maint y boblogaeth.

1 Locke A, Ginsborg J, Peers I. (2002) Development and disadvantage: Implications for the early years and beyond, *International Journal of Language and Communication Disorders*, 37(1), pp. 3-15.

2 Save the Children (2016) Early language development and children's primary school attainment in English and Maths: new research findings, London: Save the Children.

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7 Jones, Rebecca (2015). Reducing the impact of language delay on two to three year olds in Bridgend. Abertawe Bro Morgannwg University Health Board: Swansea. <http://www.nhswalesawards.wales.nhs.uk/previous-nhs-wales-awards-winners>

2. Gofal Sylfaenol a gofal yn agosach at y cartref

Mae Coleg Brenhinol Therapyddion Lleferydd ac Iaith yn croesawu y caiff Model Gofal Sylfaenol Cymru ei seilio ar system gofal mwy ataliol a chydlynol sy'n cynnwys ymarfer meddygol ac amrywiaeth o wasanaethau ar gyfer cymunedau a gofal yn nes at gartrefi pobl. Daw'r model hwn hyd yn oed yn bwysicach mewn ymateb i bandemig COVID-19 gydag arwyddion cynnar yn awgrymu y bydd yn arwain at alw uchel am adsefydlu cymunedol i'r rhai yr effeithiodd COVID arnynt a hefyd i rai gydag anghenion presennol nad ydynt wedi cael mynediad i gymorth yn ystod y pandemig a'r rhai a fu ar restr gwarchod:

Gall Therapyddion Lleferydd ac Iaith fod â rôl allweddol wrth gyflawni'r uchelgais i ddarparu gofal ac iechyd mwy integredig i bobl yn nes at eu cartrefi. Mae Therapi Lleferydd ac Iaith yn trin risg niwed ac yn gostwng effaith swyddogaethol ar gyfer pobl gydag anghenion cymorth lleferydd, iaith a chyfathrebu a/neu anawsterau llyncu. Mae Therapyddion Lleferydd ac Iaith eisoes yn ymgymryd â nifer o rolau fel rhan o dimau gofal sylfaenol gyda'r nod o gynyddu annibyniaeth i'r eithaf ac osgoi pobl rhag gorfod mynd i ysbyty. Er enghraifft:

- ◆ Mae SLT yn darparu gwasanaeth brysbennu dros y ffôn i gartrefi gofal, gan ddileu'r angen am ymweliad gan feddyg teulu. Maent yn rhoi hyfforddiant i staff cartrefi gofal a phobl eraill yn y gymuned er mwyn rheoli'r dirywiad yn y gallu i lyncu oherwydd oed a chlefydau. Mae wedi ei brofi bod ymyrraeth SLT yn lleihau morbidrwydd, marwolaethau ac yn atal derbyniadau i'r ysbyty.
- ◆ Mae tystiolaeth sy'n dod i'r amlwg hefyd o driniaethau nad ydynt yn rhai ffarmacolegol ac yn benodol ymyriadau lleferydd ac iaith wrth drin peswch.¹¹ Peswch yw'r symptom mwyaf cyffredin lle mae cleifion yn cael cyngor meddygol. Pe byddai therapi lleferydd ac iaith yn cael ei ystyried fel triniaeth fel mater o drefn ar gyfer yr 20% yn fras o gleifion peswch cronig lle mae meddyginiaeth yn aneffeithiol, gallai gael effaith gadarnhaol sylweddol ar leihau baich economaidd y cyflwr hwn.

Er y dystiolaeth o werth cynnwys Therapyddion Lleferydd ac Iaith o fewn timau cymunedol aml-ddisgyblaeth, gwyddom nad oes digon o dimau ledled Cymru yn pennu y dylid cynnwys y rôl fel rhan o weithlu

Ciplowg ar anghenion adsefydlu iaith a lleferydd yn y gymuned

Bydd o leiaf **40% o oroeswr strôc yn profi peth anhawster yn llyncu i ddechrau**. Os cânt eu gadael heb eu trin, gall anawsterau llyncu arwain at niwmonia, cynnydd yn nifer y bobl sy'n gorfod mynd i ysbyty ac sy'n gorfod aros yn hirach mewn ysbyty.⁸

Mae newidiadau i lyncu yn effeithio ar fwyta ac yfed hyd at **80% o bobl gyda chlefyd Parkinson** ac yn dod yn broblem sylweddol wrth i'r cyflwr ddatblygu.⁹

Mae problemau lleferydd (dysarthria) yn digwydd mewn **mwy na 80% o bobl sy'n byw gyda chlefyd niwronau motor** wrth i'r salwch ddatblygu.¹⁰

integredig gofal sylfaenol neilltuol. Yn y model cyfredol, yn aml caiff gwasanaethau eu darparu gan dimau hyblyg bach sy'n rhaid iddynt gyflawni gofynion sy'n cystadlu rhwng gofal sylfaenol a gofal eilaidd. Bydd COVID-19 yn rhoi pwysau ychwanegol ar weithlu therapi lleferydd a iaith cymunedol sydd eisoes dan bwysau.

Hoffem weld:

- ◆ Ymrwymiad gan bleidiau gwleidyddol i hybu cynnydd mewn datblygu timau aml-ddisgyblaeth o fewn gofal sylfaenol fel y gall pawb gael mynediad i Therapyddion Lleferydd ac Iaith a gweithwyr eraill perthynol i iechyd o'u meddygfeydd teulu, neu o fewn gwasanaethau mynediad unigol, tebyg i glinigau cerdded i mewn (gweler y model islaw).
- ◆ Mwy o waith i ddefnyddio'r gymysgedd o sgiliau er mwyn sicrhau cyfraniad y proffesiwn SLT i ofal cymunedol yn yr hirdymor.
- ◆ Ymrwymiad gan bleidiau gwleidyddol i gynnwys ffocws penodol ar adsefydlu cymunedol yn eu maniffestos ac i gyflawni nodau'r ymgyrch Hawl i Ailsefydlu drwy ddarparu strategaeth, neu gynllun gyda chyllid digonol.

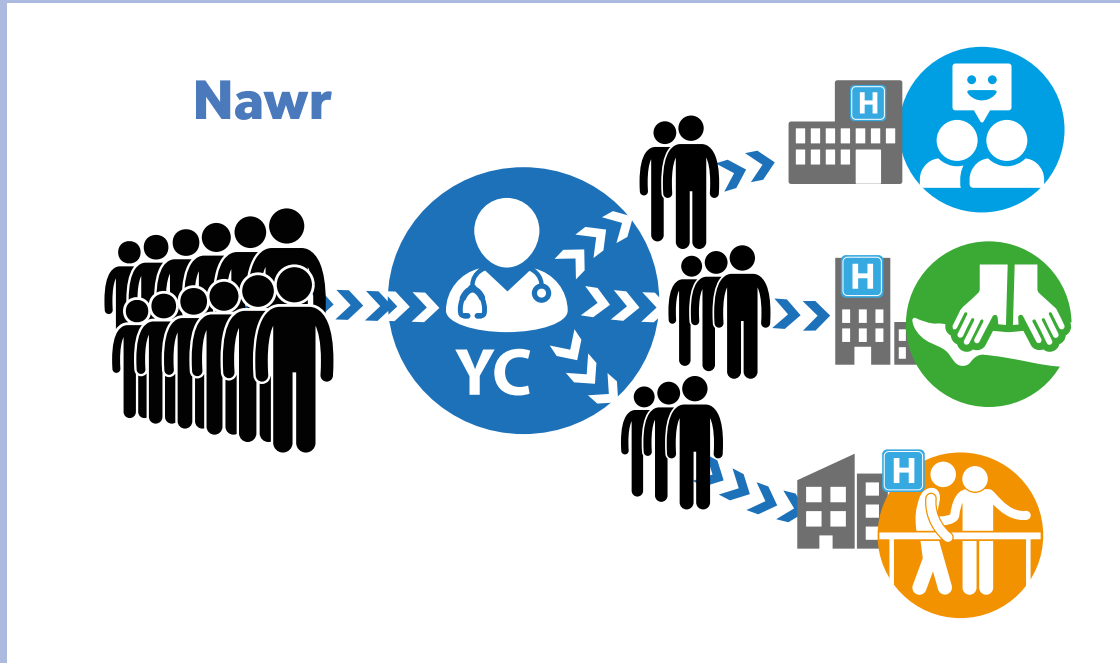
8 Cymdeithas Strôc (2012) Speech and Language Therapy after Stroke. Cymdeithas Strôc: Llundain

9 Miller N, Allcock L, Jones D, et al. Prevalence and pattern of perceived intelligibility changes in Parkinson's disease. J Neurol Neurosurg Psychiatry 2007;78:1188-90

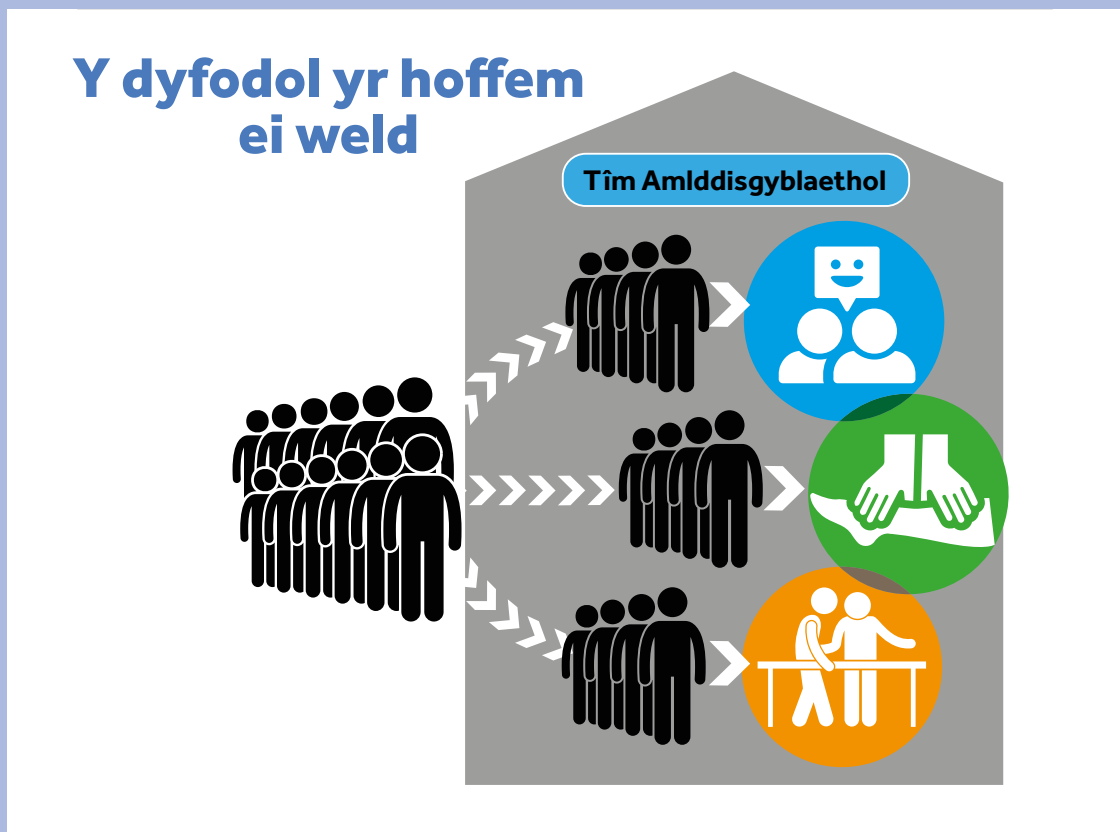
10 Tomik, B. and R.J. Guilloff, Dysarthria in amyotrophic lateral sclerosis: A review. Amyotrophic Lateral Sclerosis, 2010. 11(1-2): p. 4-15.

11 Vertigan a and Gibson, P (2009). Chronic cough and laryngeal dysfunction improve with specific treatment of cough and paradoxical vocal fold movement. Cough 5: 4

Mae'r graffeg isod yn dangos sut gallai SLT a Gweithwyr Proffesiynol Perthynol i Iechyd (AHP) eraill wneud mwy i leddfu'r pwysau ar Ymarfer Cyffredinol.



**Y dyfodol yr hoffem
ei weld**



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