llouise le Roux

SPEECH-LANGUAGE THERAPY & AUDIOLOGY
SPRAAK-TAAL TERAPIE & OUDIOLOGIE

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NEWSLETTER

SPRING



"THE BEAUTIFUL SPRING CAME, AND WHEN NATURE RESUMES HER LOVELINESS, THE HUMAN SOUL IS APT TO REVIVE ALSO."
-HARRIET ANN JACOBS

A New Season of Growth

As the season of growth and renewal begins, we're excited to share the latest updates from our practice in speech therapy and audiology. Just as spring brings fresh opportunities, we believe this season is a wonderful reminder of the progress and new possibilities that come with each step in communication and hearing care. In this issue, you'll find helpful tips, inspiring stories, a peek at what we've been up to, and maybe even something that will make you laugh.

What we have been up to...

ENJOYING SOME LOCAL ENTERTAINMENT







Our practice recently attended a powerful theatre production at the Free State Arts Festival that told the story of Helen Keller and her teacher, Annie Sullivan. The play was both moving and highly informative, offering deep insight into the challenges faced by individuals with hearing and speech difficulties. It emphasized the importance of early intervention, effective communication strategies, and the transformative role of therapy and support in unlocking potential. Watching the perseverance of both Helen and Annie unfold on stage strongly resonated with the work we do daily with our patients. This production was a powerful reminder of the impact that dedication, perseverance, and professional guidance can have in helping individuals overcome communication barriers—and ultimately, in opening up worlds of possibility. **“Taal vir die brein is soos lig vir die oë” – Helen Keller**

What we have been up to...

HONORING A LEGACY: CELEBRATING MANDELA DAY 18 JULY

We commemorated Mandela Day by visiting the non-profit organization, Marigold Place. During our visit, we served soup and sandwiches to the residents, creating a warm and welcoming atmosphere on a chilly winter day. Sharing a meal with others not only brought comfort but also reinforced the spirit of community and generosity. As Nelson Mandela once said, “There can be no greater gift than that of giving one's time and energy to help others without expecting anything in return.” This experience highlighted the profound impact of selfless service and the importance of contributing positively to the lives of others.









GETTING COMFORTABLE WITH YOUR *HEARING AIDS*






START SLOW

Begin by wearing your hearing aids in quiet for short periods, then gradually increase the time and try noisier environments.

PRACTICE LISTENING

Try listening to different sounds, like music or podcasts, to get used to the way your hearing aids work.

TALK TO YOUR AUDIOLOGIST

Your audiologist is there to help you adjust to your hearing aids and address any concerns you may have.

TAKING CARE OF YOUR HEARING AIDS

Knowing how to properly clean and maintain your hearing aids can help them last longer.

FOLLOW-UP APPOINTMENTS

Regular check-ins with your audiologist can help fine-tune your hearing aids and ensure they're working best for you.

Expanding Knowledge, Enhancing Care

We value every opportunity to expand our knowledge and skills, enabling us to provide our patients with the highest standard of evidence-based care. Over the past few months, our team has participated in several enriching courses to further strengthen our practice.

Rehabilitation workshop 19 July

Our speech therapists attended a workshop at CityMed Rehabilitation Hospital to enhance their knowledge and skills in delivering evidence based services as part of a multi-disciplinary rehabilitation team.

AG Bell Synoposium 25 – 26 Jyly

Ilouise explored a world of sound ideas and developing future voices by attending an international conference that focused on the treatment of children with hearing loss.

ICAN Summit 11 – 13 August

Ilouise attended the Independent Connected Audiology Network conference, where international speaker Dr. Keith Darrow shared the latest insights and best practice guidelines in audiology.

Kinesio Strapping course. 29 August

Our speech therapists attended a hands-on course in Kinesio Strapping, they gained valuable skills in applying techniques to the face, neck, and posture. These methods are designed to enhance swallowing and improve communication for our patients.

SAAA day seminar 25 -July

Zeenat participated in the SAAA Day Seminar, an event focused on re-evaluating approaches to patient testing. Topics ranged from middle ear bone hardening to auditory effects in pilots.

What Our Patients Are Saying

SPRAAKTERAPIE UIT 'N MA SE PERSPEKTIEF

Ek was altyd bewus dat my seuntjie se spraakontwikkeling anders is as sy maats s'n. Ek het gehoop dat dit met tyd self sou regkom, maar daar was altyd daardie stemmetjie in my agterkop wat my onrustig gemaak het. Ek was bang hy sou dalk later gespot word en ek het gewonder: op watter ouderdom moet 'n mens regtig hulp soek?

Toe hy vier jaar oud was, het 'n vriendin my aangemoedig om by Ilouise le Roux Spraakterapie en Oudiologie aan te klop. Van die eerste sessie af het ek geweet ons is op die regte pad. Ons spraakterapeut, Adeline, het hom op sy gemak laat voel en het my betrek sodat ek ook kon leer hoe om hom tuis te help. En die resultate het my verstom: binne vyf maande en tien sessies het ek 'n drastiese verandering gesien. Sy vermoë om klanke reg uit te spreek het soveel verbeter dat mense hom nou makliker verstaan. Sy frustrasie het verminder en hy is meer bereid om met ander te praat en hy sosialiseer makliker met sy maats.

Die beste deel vir my was die kommentaar van sy onderwysers en familie. Hulle het opgemerk hoe duidelik hy praat en hoe sy selfvertroue blom. Hy neem nou met graagte deel aan gesprekke en speel met maats sonder om skaam te wees oor sy spraak. Om die trots op sy gesig te sien wanneer hy 'n moeilike klank bemeester, is vir my as ma die grootste geskenk.

My raad aan ander ouers wat dalk twyfel oor spraakterapie is moenie wag en hoop dat die probleem net sommer verdwyn nie. Ja, sekere klanke ontwikkel met tyd, maar vroeë aandag maak 'n wêreld se verskil. Ek is so dankbaar vir Adeline se insette en vir die feit dat my seuntjie volgende jaar met sy skoolloopbaan kan begin sonder enige agterstande. Ons almal wil die beste vir ons kinders hê – gee hulle die geskenk om goed te kan kommunikeer en sien hoe hul wêreld oopgaan.

What Our Patients Are Saying

"EK HET WEER MY WÊRELD GEHOOR"- ANNA BARNARD

Vier jaar gelede is ek met 'n ernstige gehoorverlies gediagnoseer. Die nuus het my wêreld laat stilstaan. Ek het 'n kogleêre inplanting ontvang, maar ek was huiwerig om werklik hulp te soek. My grootste vrees was dat ek nooit weer my kinders se laggies sou hoor nie, of ooit weer 'n skoolgeleentheid van my seun sou kan bywoon en dit werklik kon beleef nie.

Ek gee tuisonderrig vir my oudste seun en die gedagte dat ek hom dalk nie met sy werk sou kon help nie, het my diep ontstel. Selfs die eenvoudigste dinge, soos om my man se stem ordentlik te hoor, het moeilik geword.

My dokter het my verwys na spraakterapie en dit is toe dat alles begin verander het. Die spraakterapie was 'n keerpunt – 'n ruimte waar ek nie weer luister het nie, maar ook na geluister is.

Ek hoor nou my kinders se stemme en lag saam met hulle. Ek kan na televisie programme en radio luister. Ek kan saam met my gemeente in die kerk sing en na die preek luister. Selfs sosiale geleenthede soos om by 'n braai saam met vriende te gesels is nou weer deel van my lewe.

My raad aan ander volwassenes wat met gehoorverlies leef, en wat dalk onlangs 'n gehoorapparaat of kogleêre inplanting gekry het: moenie opgee nie. Oefen, oefen, oefen! Dra die tegnologie soveel as moontlik. Betrek jou gesin – hulle ondersteuning maak 'n wêreld se verskil. Ja, daar is dae wat jy moedeloos voel. Huil as jy moet, maar staan weer op. Gebed het my baie gehelp.

– 'n Dankbare mamma, vrou en luisteraar

You must be joking.

Sê-goed tydens assessering /terapie:

- Dit kielie my tong bietjie
- My brein het vergaan
- Kan nie ken nie
- Iets wat baie koud is? Die winter.

Have some time to spare?

D	P	C	N	P	I	N	N	A	B	C	Z	C	E
I	U	E	N	A	S	S	L	R	T	O	N	O	A
N	I	A	G	N	E	O	A	W	E	N	S	N	R
N	O	I	P	V	N	U	S	A	O	D	E	G	A
R	R	T	R	I	S	N	C	X	U	U	P	E	N
A	A	G	I	L	O	D	G	G	T	C	A	N	E
U	S	L	I	T	R	B	P	U	L	T	T	I	R
D	E	A	N	L	I	E	M	A	I	I	S	T	E
I	E	T	M	O	N	S	I	R	O	V	Z	A	N
O	D	I	A	D	E	T	X	D	C	E	T	L	N
G	N	G	L	O	U	A	E	R	E	N	R	T	I
R	O	I	U	M	R	T	D	I	L	R	E	S	M
A	P	D	A	E	A	M	N	A	E	U	H	L	I
M	S	S	N	S	L	T	T	N	T	N	A	D	V

DIGITAL
WAXGUARD
SENSORINEURAL
STAPES
CONDUCTIVE
INNER
PINNA
BTE
AUDIOGRAM
MIXED
OTITIS
ANVIL
DOMES
CONGENITAL
TELECOIL
SPONDEE
EAR
GAIN
SOUND
HERTZ

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