

## Paediatric Fluency Clinic (Preschool and school aged children)

### What is the Paediatric Fluency Clinic?

The Paediatric Fluency Clinic provides assessment and treatment services to children under the age of 8 years who stutter. Please note, there may be waiting lists for these services.

Services are provided by student clinicians who work under the supervision of a qualified speech pathologist.

### Stuttering Information

- Stuttering is thought to be a physical disorder and is not caused by psychological factors
- Stuttering tends to run in families
- Approx 5% of children begin to stutter in the 3rd-4th year
- Stuttering often begins as children start to put words together to form sentences.
- The onset of stuttering can be gradual or sudden; mild or severe
- The first sign of stuttering is often the repetition of syllables e.g. "My..my..my go"
- Some children may start to show signs of effort or struggle whilst speaking
- Sounds may be prolonged or extended. For example "wwwwwwwhere is..."

### Assessment

All parents/carers of children referred to the Paediatric Fluency Clinic, are required to come to a Parent Information Session (PIS) at the La Trobe Communication Clinic. This session provides information regarding the fluency services we provide.

After attending a PIS, the next available assessment appointment will be offered. Children and their parents/carers are then invited to attend the assessment session conducted by student clinicians under the supervision of a qualified Speech Pathologist.

Following the assessment, decisions regarding treatment are made together with the parents/carers as part of our family centred approach to delivering services.

### Treatment Options

#### Preschool aged children

The Lidcombe Program of Early Stuttering Intervention is the treatment of choice for preschool aged children. This is an evidence-based program that uses a behavioural approach to treating stuttering. This is achieved by praising the child for fluent speech, then gradually helping them to identify and correct their stuttering. Research has found The Lidcombe Program to be most effective in eliminating stuttering in preschool children up to the age of six. However, principles of this program can be used to treat children up to 10-12 years.

#### School aged children

Treatment for school aged children requires an individualised approach and may combine a number of intervention approaches. Treating stuttering in children whose stuttering has persisted beyond the preschool years may involve adjusting expectations so that we can work with parents/carers to set realistic and achievable goals for their child's fluency. Research shows that eliminating stuttering beyond 6yrs of age may for some children be less likely than when they were younger but reducing the stutter to a manageable level is still possible. We therefore aim to treat school aged children using individualised programs for each child.

### Eligibility

Children residing in Victoria aged 8 years and under, who stutter or are suspected of stuttering, are eligible to attend the paediatric Fluency Clinic.



## Fees

Service	General	Concession
Assessment	\$68	\$34
Therapy/Review	\$40	\$20

- Medicare or private health insurance do not give rebates for LCC fees.
- You will be charged a lower concession price if you bring a valid Health Care Card
- Talk to us if you have problems paying the fees
- For other programs different fees will apply — contact the clinic for further information.

## Registration

To register for the Paediatric Fluency Clinic please email completed application forms to the clinic at: [communication.clinic@latrobe.edu.au](mailto:communication.clinic@latrobe.edu.au). Forms can be download from our website, or you can request a copy by phoning the clinic M-F 9am -3pm 9479 1921.

The following forms should be completed, signed and returned to the clinic.

- Request for Service.
- Client information form.
- Client Consent.
- Telehealth consent.

Clients will be admitted to clinic if they meet the eligibility guidelines and agree to the fee schedule and attendance requirements. No client will be refused services based on gender, race, religion or sexuality.

## How Appointments are Arranged

Once your child's application is accepted, you will be contacted when an appointment becomes available. A waiting list may apply.

Please feel free to contact us to check how the waiting list is progressing.

## Other Clinic Services

La Trobe Communication Clinic also offers the following speech pathology service:

- Voice - Gender affirming
- Voice General – Paediatric and Adult
- Paediatric Speech and Language
- Adolescent and adult fluency (stuttering) clinics

For eligibility guidelines and other information on these services please contact clinic reception.

## About Us

The mission of La Trobe Communication Clinic is to:

- Provide speech pathology services that are informed by client need and best practice
- Achieve excellence in clinical education
- Create research opportunities for Discipline of Speech Pathology students and staff.

## Want to Know About Other Service Providers?

The Speech Pathology Australia website has a search option for public and private speech pathologists at the following address:

<http://www.speechpathologyaustralia.org.au>