

Dysfluency

Patient information leaflet



What is Dysfluency?

Dysfluency, stammering or stuttering – are all words that can be used to describe difficulties speaking fluently.

When normal dysfluencies happen so much that they get in the way of talking or cause distress to either the speaker or the listener, then the stammering may develop. You may also be experiencing any of the following:

- Repetitions of whole word or sounds
- Prolongations of certain sounds
- Blocking – this is used to describe total blocks in speech. These can be almost silent. It is as if the mouth has become stuck. Some people say it feels like their tongue is stuck inside their mouth or the air has become trapped inside the voice box.

- Avoiding words - when a problem word comes up, you can find an alternative that is not so hard to say - perhaps it starts with an easier sound. Other tricks might include pretending not to have heard, adding little phrases such as “kind of” and “you know.”
- Avoiding certain situations - Some situations feel far harder to face than others and some young people have told us about the tricks and strategies they use to avoid having to speak. For example, missing certain lessons, not putting a hand up to answer questions (even though they know the answer perfectly well), or saying “I don’t know.”



How can a Speech and Language Therapist (SLT) help me?

An SLT has specialist training in the area of language and communication needs. Part of this training also includes supporting young people with stammering.

How do I access the service?

You can get help from your local SLT. You can ask your GP to refer you to one in your area. If you are under 16, your parent/carer would need to do this with you.

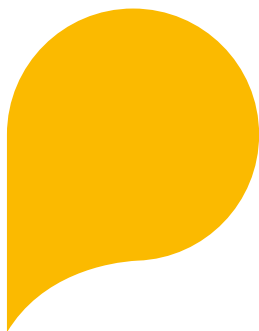
If you are at school, you can ask your school's special educational needs coordinator (SENCO) to help you make a referral.

What will happen at my first appointment?

The SLT will talk to you about your life at home and at school, your family and friends. You will be encouraged to talk about what helps you with your talking and what kind of help you would like in the future. The SLT may ask you to carry out some language and speech activities so that we have a good understanding of where you are and what your needs may be. The SLT will try and make the appointment as relaxed as possible so you can openly share your thoughts and feelings about your communication.

Who can come with me?

Young people often come with their parents or carers. Sometimes a member of staff from school can also attend. Some young people also like to see the SLT on their own for part of the appointment.



What sorts of things will the SLT help me with?

There is no absolute guaranteed 'cure' for stammering but an SLT will help you explore more about stammering and how stammering is impacting on your communication and life. The SLT can also work together with you, your family and your school/college. Together we can help find ways of making sure you have the best support and help to develop your confidence with your communication. This may involve working on specific speech techniques or looking at your attitudes and feelings about stammering. It may involve giving specific advice or training to your family or school.

The circumstances in which info will be disclosed

SLT have rules about sharing your information. We will explain these rules to you. Your privacy will be respected during your time with this. Sometimes, when staff are worried about your safety, they may tell certain people certain things about you, even if you don't want them to. It is an important part of our job to keep you safe. If this happens, we will talk to you about it.

What information will the SLT share with others about me?

The SLT will share a written report with the person who referred you such as your GP. Reports are shared with parents/ carers and can be shared with schools if appropriate.



Where to find us

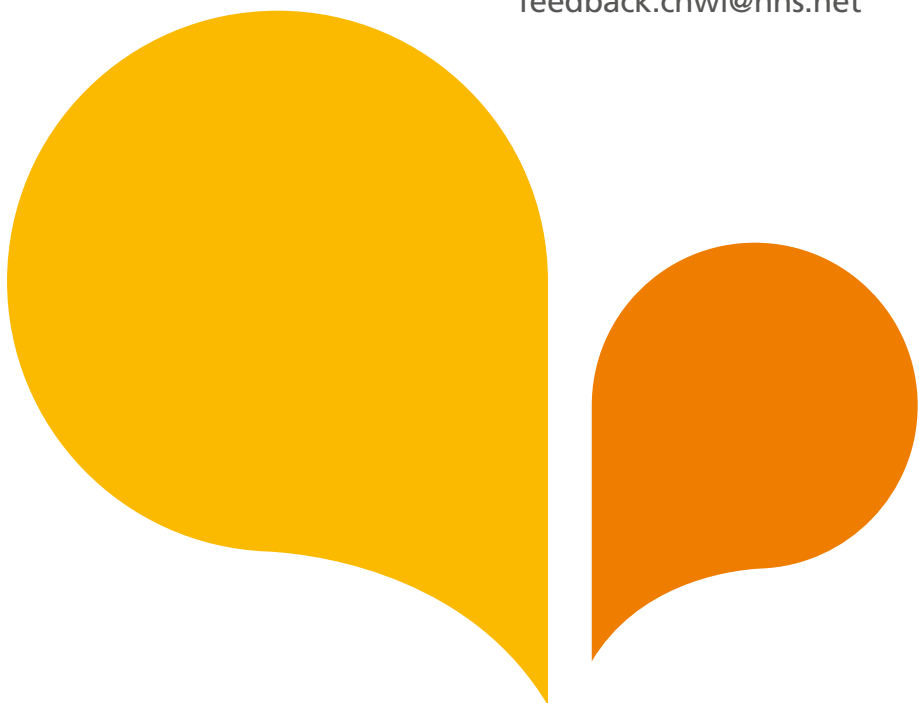
Speech and Language Therapy
Department
Eaglestone Health Centre
Standing Way
Eaglestone
Milton Keynes MK6 5AZ

Tel: **01908 209305**

Tell us we're listening

Our staff want to know how they are doing. Tell us what you think at www.cnwl.nhs.uk/feedback and then we'll know what we have to do

We aim to provide you with the best possible care. If you are unhappy with any of the care you have received from the SLT team please speak to the service manager in the first instance on **01908 209 305**. If this does not resolve your problem, please contact our Patient Support Service on **0300 013 4799** or at feedback.cnwl@nhs.net



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

We are now able to communicate with deaf or hard of hearing people via Text Relay. If you are making a call from a text phone dial 18001 + 01908 243568

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Urdu

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

Šį dokumentą paprašius taip pat galima gauti kitomis kalbomis, dideliu šriftu, Brailio raštu ir garso juostoje. Prašome kreiptis el.

Lithuanian

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Настоящий документ по отдельному запросу можно получить в переводе на другие языки, напечатанным крупным шрифтом или на аудиокассете.

Russian