

## Voice Clinic

### What is the Voice Clinic?

We provide an individualised program of voice and communication services for adults and children with a range of voice and communication difficulties. Our services are supported by world leading researchers, skilled voice clinicians and final year speech pathology students.

For more than three decades our voice research has informed clinical practice locally and internationally.

This ongoing research keeps the clinic at the forefront of new developments and ensures the service provided is based on research and client needs.

### What is Voice?

There are three main systems to voice production: **Power**, **Source**, and **Filter**. Each system is equally important. The main goal in voice therapy is to maintain a balance between all three systems.

The systems are described briefly below:

#### Power

Our lungs provide the in and out air flow needed for voice. We breathe air in to expand our lungs. As we breathe out, this air is pushed from the lungs back up through the voice box (larynx) and out through our mouth/nose.

There are correct and incorrect ways to breathe, and it is important we have strong breath support as a good foundation for voice production.

#### Source

The airstream created by our lungs then travels up through the windpipe to the voice box (larynx). The voice box is a system of cartilages, muscles, ligaments and mucous membranes whose main purpose is to control the vocal cords.

#### Filter

The sound then travels further up to the filter which is made up of the bony spaces in our throat and head, such as the mouth and the nasal cavity. Together with our teeth, tongue and lips, we shape the airstream and sound to vibrate in different ways. This is what makes our voice sound unique.

### Voice Assessment

Assessment is completed before starting training at the Clinic. It is important that your voice is thoroughly evaluated so that we can 'get to know your voice'.

The assessment session has three parts

1. We will ask you about your voice use, vocal health (habits that may affect voice), how you perceive your voice and what you would like to achieve from the voice sessions.
2. The speech pathologist listens to your voice as you speak and describes features heard such as loudness, pitch and overall quality.
3. Acoustic analysis involves audio recording your voice to be analysed by computer software.

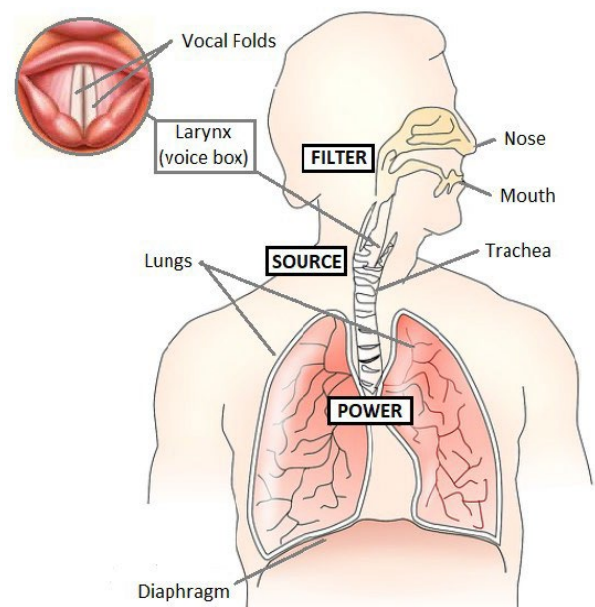
After the assessment, we will talk with you about whether voice training will be helpful.

### Voice Training

If you decide to go ahead with voice training, the clinic will contact you when a block of sessions is available. Some areas you may first work on include (but are not limited to):

- Vocal health.
- Stretching/relaxation.
- Efficient breathing for voice change.
- Specific exercises to increase the range, flexibility and stamina of your voice.

Once you have an **efficient and strong voice system** it is time to learn the voice and communication techniques.



## Eligibility

Children and adults living in Victoria who have been diagnosed with a voice issue or have concerns about their voice, are eligible to attend the Voice Clinic. Please note, we do not provide singing training.

## Fees

Service	General	Concession
Assessment	\$64	\$32
Therapy/Review	\$32	\$16

- Medicare or private health insurance do not give rebates for LCC fees.
- You will be charged the 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 Voice 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 Monday - Friday 9 am -3 pm 03 9479 1921. The following forms should be completed, signed and returned to the clinic.

- [Request for Service](#)
- [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 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
- Paediatric fluency (stuttering)
- Speech and language clinic for preschool children

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>