

Paediatric Fluency Clinic (Pre-school 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 12 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

Treatment offered for children who stutter can be highly effective in eliminating and /or reducing stuttering in the preschool years. Some children may be at higher risk for stuttering to continue and early treatment is recommended. We offer individual, group and telehealth services and our treatment choices for children include:

- Lidcombe Program
- Westmead Program (Syllable-Timed Speech)

What is the Lidcombe Program?

The Lidcombe Program is a treatment designed to eliminate stuttering in pre-school children. However, principles of this program can be used to treat children up to 10–12 years old.

Features of the Lidcombe Program

The program is carried out over two stages and weekly clinic visits are an essential part of Stage 1.

The features of the program include:

- Training is given to the parent/carer by the Speech Pathologist
- Treatment is delivered by the parent/carer in the child's everyday environment
- The program should be a positive and fun experience for the child
- The parent /carer is trained to rate the severity of their child's stuttering each day

Whilst these are the key features essential to the success of the Lidcombe program, Speech Pathologists will work with the family to tailor the program to meet individual needs.

What is the Westmead Program?

Children who are stuttering can also be treated using the Westmead Program which uses Syllable-Timed Speech (rhythmic talking) to reduce stuttering. This treatment requires parents to practice with their child each day. Weekly clinic visits involve parent training, and measurement of the child's stuttering to work out the effect of treatment.

Eligibility

Children residing in Victoria aged 12 years and under, who stutter or are suspected of stuttering, are eligible to attend the paediatric Fluency Clinic.

Fees

Service	General	Concession
Assessment	\$60	\$30
Therapy/Review	\$40	\$20
Maintenance	\$30	\$15
Group Session	\$30	\$15

- 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 contact clinic reception between 9:00 am - 4:00 pm Monday to Friday, or download application forms from our website:

- Request for Service
- Client Consent
- Paediatric Fluency Client Information

These forms should be completed, signed and returned to the clinic to generate an invitation to the Parent Information Session.

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 & audiology services:

- A preschool speech and language clinic
- A Phonological Awareness for Literacy program
- An adolescent and adult fluency (stuttering) clinic
- A voice clinic for children and adults
- Audiology clinic for children and adults

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.

How to Contact Us

La Trobe Communication Clinic
Level 4, Health Sciences Building 1
La Trobe University VIC 3086

T: +61 3 9479 1921

E: communication.clinic@latrobe.edu.au

F: +61 3 9479 5033

W: latrobe.edu.au/communication-clinic

The clinic is located on the Bundoora Campus of La Trobe University and is accessible by public transport and by car.

There is free car parking facilities for clients in Car Park 11. Your car registration details need to be provided to the administration staff **PRIOR to or on ARRIVAL** to your appointment.

Our administration staff will provide you with an appointment card and map/directions.

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>