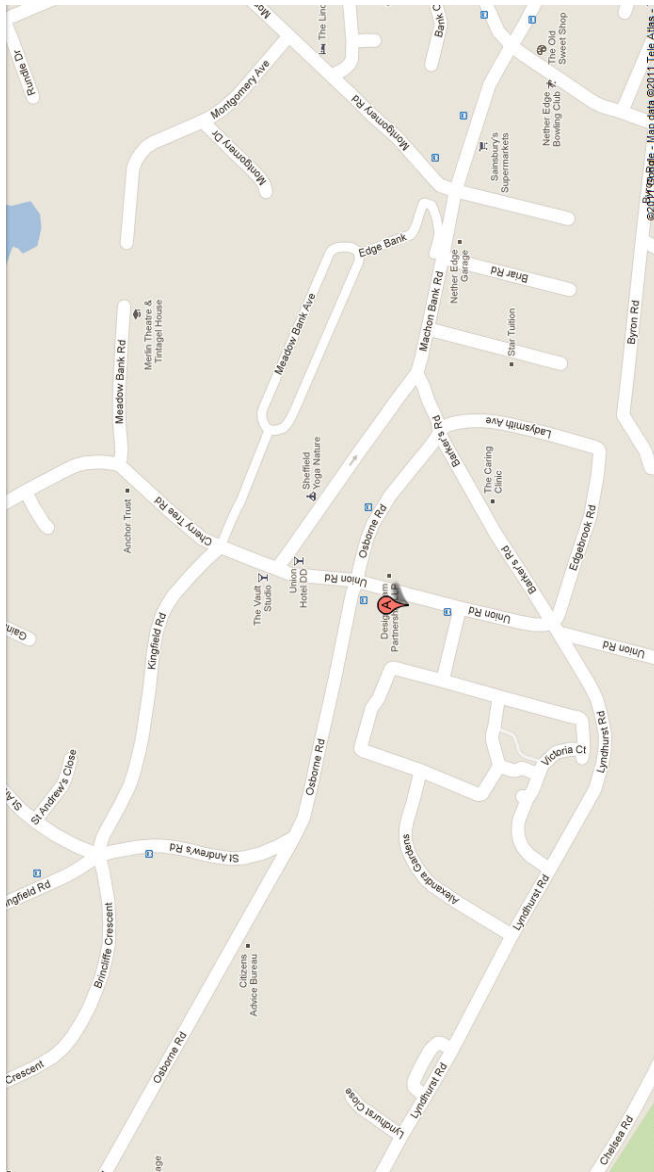


Finding Flockton House



Contact us

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**Speech and Language
Therapy Service to
Dysfluent Adults**
**What can you expect
from us?**



**Sheffield
Speech & Language Therapy**



What is the Adult Dysfluency Service?

What is dysfluency?

Dysfluency is a word that means disruption to the smooth fluent act of speaking.

We can all experience dysfluency to some extent (for example when we are tired and may stumble over words), but approximately 1% of the adult population experience more frequent disruption to the flow and/or timing of their speech. This can be called stammering (stuttering) or 'cluttering'.

Useful questions

1 Who can be referred to the Adult Dysfluency Service?

People aged 16 years or over who are finding their dysfluent speech a problem.

2 How do I refer myself?

You can phone or email the department (see contact details). We will need the information that is on the referral form (see link)

3 What happens after I have been referred?

You will be sent a letter with this leaflet to say that we have received the referral and

that your name has been placed on a waiting list.

We aim to offer a first appointment within 18 weeks of receiving the referral.

4 What will happen on the first visit?

People referred to the adult service are first seen by a specialist therapist for an appointment lasting approximately 1 hour. The appointment is at Flockton House (see map on back).

The therapist will ask you for information about the history of your speech difficulty, e.g. when it started, any changes in your speech over time, if there are other members of your family who stammer. The therapist will also want to know about any therapy you have received in the past and what was useful about it.

In addition, the therapist will discuss with you how your stammer impacts upon your life, e.g. if it affects you socially, educationally or at work etc. She will ask you about any expectations you have of therapy, what your goals are and will talk through options available to you so that your goals are jointly agreed.

5 Will I be seen on my own?

Therapy sessions are usually just for you. However, at times it may be helpful to involve a family member or close friend in

therapy. Group sessions may also be available.

Useful address

The British Stammering Association
15 Old Ford Road
London E2 9PJ

www.stammering.org

BSA Helpline 0845 603 2001 (local rate)



BSA is a national charitable organization for people who stammer, run by people who stammer.