



Better Self



STUTTERING & CLUTTERING

Our speech therapists provide tailored, evidence-based treatment to help people experiencing stuttering and cluttering reach their full communication potential.

WHAT IS STUTTERING & CLUTTERING?

Stuttering occurs due to an interruption in speech production, and can involve the repetition of sounds or syllables, parts of words, whole words or phrases. Stuttering is often experienced as a loss of control over speech. Stuttering can lead to a negative communication attitude, which often has more impact on a person's communication than the audible speech interruptions.

Cluttering affects someone's ability to convey messages clearly and concisely. Individuals with cluttered speech often report that people have difficulty understanding them due to their speech sounding rapid, unclear and/or disorganised, as well as difficulties with the clarity of their speech, and/or the organisation or relevance of their message.

Stuttering and cluttering may be experienced concurrently.



WHERE ARE SERVICES ACCESSIBLE?

Our services are available from our sites in the Adelaide area or Australia-wide via Telehealth.

HOW LONG DOES THERAPY USUALLY TAKE?

How long therapy takes is different for everyone, depending on the challenges experienced and the client's goals.

Therapy sessions are usually booked in 6-8 week blocks and completion of at least 2-3 of these blocks is usually required; some clients require more, some less.

Get in contact:

Phone: 08 8182 3756

Email: prospect@betterself.com.au

Find out more:

betterself.com.au



ABOUT BETTER SELF

We provide supports and services to our clients built on trust, respect and equality, embracing diversity and valuing the experiences of everyone within our shared community.

We are proudly part of Lutheran Care, which was founded here in South Australia in 1969.

HOW ARE FEES CHARGED?

Our Speech Pathology services are charged per hour. We currently accept:

- Private fee paying clients
- Enhanced Primary Care/Chronic Disease Management plans from a General Practitioner (gap charged)
- NDIS* plan and self managed participants
- Department of Veteran Affairs clients.

*Speech Pathology is funded through the National Disability Insurance Scheme (NDIS). As per the NDIS Pricing Arrangements and Price Limits guide, Speech Pathology utilises the following NDIS funding line:

- **Capacity Building – Improved Daily Living**

READY TO FIND OUT MORE?

To find out more about how we can assist and which therapies may suit you, we invite you to get in touch.

Please email prospect@betterself.com.au or call us on 08 8182 3756.

WHAT TREATMENTS ARE AVAILABLE?

There are various programs to help with specific communication concerns at different ages. Our team can provide treatments including:

- The Lidcombe Program
- RESTART-DCM
- Palin Parent-Child Interaction Therapy
- Westmead Program
- The Camperdown Program
- Stutter Modification therapy
- Smooth Speech
- Avoidance Reduction Treatment for Stuttering
- Cognitive Behavioural Therapy
- Acceptance and Commitment Therapy
- Solution-focused Brief Therapy

Your therapist will make suggestions regarding which options may suit you, and together you will decide on an approach that fits you best.