



“I stammer and stumble on words and this is making my life difficult”

**This could indicate developmental or acquired stammering.**

Developmental stammering can occur initially during childhood. Acquired stammering has a later onset and can be associated with a reoccurrence of developmental stammering, a neurological event or progressive disease, a psychological trauma or in some instances can be linked to specific medication.

Coping strategies (substituting difficult words, situation avoidance) or changes in non-verbal behaviour often develop over time as a response to fear of stammering and the reactions of others. In addition, stammering may result in low self-esteem, poor self confidence and communicative anxiety which often impacts on a person's relationships and life choices.

### **Referral to a speech and language therapist can add value by:**

- Supporting the patient to understand why they stammer
- Facilitating easier and more controlled communication
- Helping them to use coping strategies and reduce negative emotional responses
- Supporting families with communication