Onslow & Langevin 2011

Chronic stuttering develops at some time during the school years

Adults who stutter:
Cannot say as much
Limits in occupation
Speech-related social anxiety & possibly psychiatric illness

Stuttering impacts the lives of older people in a similar way to younger people who stutter

Bricker-Katz, Lincoln & McCabe, 2010

Chronic stuttering

Consistent presence across lifespan
May vary in amount or severity
May affect family
May affect friends
May affect work
May affect socialisation

Chronic stuttering

May affect mental health
May affect Quality of Life
Need for ongoing treatment
Need for flexible treatment
Need for varied treatment
Considerations in treatment

Speech issues – motor control

Psychological issues

Speech issues – motor control

Fluency strategies
Evidence: Prolonged/Smooth speech
    Intensive
    Camperdown Program/telehealth
Naturalness
Ease of use
Sufficient treatment

Psychological issues

Anticipation
    thinking stuttering vs process
Anxiety
Other mental health issues
UTBAS
Evidence: CBT

Other impact

Concerns re employment
Concerns re socialisation
Concerns re children
General participation: ICF

Essentials

Appropriate treatment: Goals?
Sufficient treatment
Varied treatment
Extending treatment - flexibility
Enhancing maintenance
Managing relapse

Essentials

Self management
Self evaluation
Attitude to communication
Locus of control
Communication/Social skills
Dual tasking
"One of the things that bothered me most after 2/12 or so of fluent speech after intensive therapy was that I was fluent, but there was so much more to conversation than the social interaction skills I knew of."  
Cream et al, 2003

**Challenges**
- Treatment experience
- Continue to feel different
- Need to dual task
- Treatment does not eliminate stuttering: fluency has a price

**Challenges**
- Student delivered treatment
- Poorly educated clinicians
- Self help groups
- Lack of access to treatment

**Maximum benefits when:**
Strategic approach to
- Stuttered speech
- Communication strategies
Cream et al, 2003

**Clinicians: Important factors**
- Knowledge and experience
- Clinical experience
- Passion about stuttering
- On board for the entire journey
- Mentors
- Marriage research, treatment and student education

**Benefits**
- Adults who stutter
- Increased fluency
- Knowledge about speech
- Increased well-being
- Increased participation
- Positive about treatment
Benefits

Speech Pathologists/clinicians
Working with motivated adults
Empowering adults
Using wide range of clinical repertoire
Flexibility
Evidence based effective treatment

Older adults would like effective, individual, and short-term treatment with speech–language pathologists who are knowledgeable about stuttering and sensitive to their emotional needs.

Bricker-Katz, Lincoln & McCabe, 2010