

## The British Stammering Association's definition

Approximately one person in every hundred stammers. You may think that most of these people stammer in the same way that you do. In fact, people stammer in different ways.

The term 'stammering' covers a wide range of behaviours.

One person may get blocked or stuck on a certain word or sound, another may repeat sounds. Others may go back in speech and take a run at the difficult word, and yet another may do all these things and many more.

The words 'stammer' and 'stutter' mean the same thing. Sometimes the word 'dysfluency' is also used.

Stammering often includes negative thoughts and feelings associated with talking. Sometimes these thoughts and feelings cause tension and anxiety. This can then result in increased stammering.

## The causes of stammering

There is no single known cause, and everyone experiences it differently.

Stammering occurs in all countries and can affect people from all walks of life. There is no such thing as a typical person who stammers.

Stammering usually starts in childhood, but sometimes it can begin in adulthood.

Many children experience a short stage of normal dysfluency at around three and a half years old. This tends to pass after a few months.

## More information about stammering

Stammering can vary in different situations. It is often worse if you are tired, excited or stressed.

Stammering can also vary day to day, or over a longer timescale.

Many people learn ways to hide their stammer from others. This hidden stammer often continues to cause negative thoughts and feelings.

Some people find that these thoughts and feelings greatly affect their lives. Often more than the original stammer.

There is no cure for stammering in adulthood, but there is a great deal that can be done to improve the situation. You have already taken a positive step by picking up this leaflet.

## Adult Speech and Language Therapy Services for People Who Stammer

The Adult Speech and Language Therapy Service is based at the Eva Wilson Centre, Overdale Hospital, Westmount, JE2 1LP.

There is an open referral system to request an appointment. This means that you can refer yourself by phone or by post. Alternatively your GP or other healthcare professional can make the referral for you.

You'll be offered an individual appointment. This takes up to an hour. It's a time for you to discuss your particular experience of stammering and how it's affecting your life. It's also a time for you to ask any questions you may have. If appropriate, you may then be offered a block of therapy sessions.

The Jersey Stammering Support Group was established in 2015. It's an independent group run by the group members. They meet once a month in St Helier.

Further information can be found on the Jersey Stammering Support Group Facebook page.

# Stammering

This leaflet is for people who stammer. It explains the Adult Speech and Language Therapy service available in Jersey.

Speech and Language Therapy

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