

Adult Stammering Therapy via Telemedicine

Delivered by Specialist Speech and Language Therapists to clients anywhere in the UK who have access to a smart phone, tablet or computer with webcam and internet access.



Service history

The stammering therapy telemedicine service delivered from Airedale hospital was introduced after Mark received our support for his stammer with transformative results. You can read Mark's compelling story here: <https://www.stammering.org/speaking-out/article/speech-therapy-success-prison>

This was followed by a collaboration with the British Stammering Association to secure a Health Foundation grant to pilot a one year stammering telemedicine service for adults. Since then, others have had their life transformed by the service which won the Guardian Public Service Award in November 2017 and is now available via a number of potential funding routes. To our knowledge it is the only stammering telemedicine service in the country.

Who is the service suitable for?

The service is suitable for any adult with a stammer for whom it's causing a problem. The negative impact of stammering might include:

- not feeling able to express yourself in the way you would like
- feeling held back or discriminated against at work
- avoiding conversations, social situations, phone calls, ordering food etc.

It is available for those unable to access stammering therapy locally or who would like the convenience of undertaking the therapy via video in their home, workplace or other location.

The service offers:

- Six personalised one-hour stammering therapy sessions via telemedicine.
- Individualised notes and action plans to support your progress between appointments.
- Assessment at first appointment and end of therapy to measure impact.
- Other benefits include, if appropriate, putting clients in touch with other clients with a stammer to provide ongoing support to one another.

The service is available between the hours of 08:30-17:30 on Mondays, Tuesdays and Thursdays.

Benefits of Service

- Clients are equipped with skills and coping strategies with positive impact on communication, confidence, mental health, access to education, employment and relationships. These can be used to ensure personal progress continues long term after the therapy sessions finish.
- The therapy is accessible from anywhere with internet access. There is no need for costly travel or time off work - around 50% of people seen by the stammering telemedicine service receive their therapy sessions from their workplace.
- Many clients find telemedicine less daunting than traditional face-to-face services.

Adult Stammering Therapy

How it works

Once a referral and payment are received, a speech and language therapist who specialises in stammering will contact you to arrange your first appointment at a convenient time, and send a confirmation email. The email will contain a link which you simply click on when your therapy session is due to start. This will take you to the online telemedicine waiting room ready to start your session.

Intervals between future sessions are mutually agreed between client and the speech and language therapist.

Cost and funding options

The package of six personalised one hour stammering therapy sessions along with individualised notes and action plans following each session is offered for £875.

Funding options available include:

- Self-funding clients (use this [Referral Form.docx](#)).
- Request your GP to submit an Individual Funding Request to the local Clinical Commissioning Group (CCG) on your behalf if no stammering service for adults exists in your area (share this guidance sheet with your GP: [Individual Funding Requests guidance.docx](#)). We would appreciate your feedback on how you find this process – please share via airedale.stammeringtherapy@nhs.net.
- If you have private health insurance, enquire whether the service is funded under their terms. You can share this service information sheet with your insurer. They may also find some of the information in the GP guidance sheet useful: [Individual Funding Requests guidance.docx](#).

If stammering is affecting your ability to work you can:

- Self-refer to the access to work programme – a government scheme to help people with disabilities. They may provide funding for stammering therapy (workplace coaching) if you can demonstrate that your stammer makes it hard for you to do your job. Follow this link for further details: <https://www.gov.uk/access-to-work>. We would appreciate your feedback on how you find this process – please share via airedale.stammeringtherapy@nhs.net.
- Request your employer to consider funding stammering therapy to support you in your work role (use this [Referral Form.docx](#) if your employer agrees to fund).

Evidence

Stammering is a serious communication disability with significant impact on the person's life: their education, their socialisation, their professional success as well as their mental health. The personal impact of a stammer can be catastrophic.

Recent evidence suggests that the psychosocial aspects of stammering need to be addressed before speech treatment can succeed. One of the major problems for adults who stammer is the internalised oppression, their belief that the stigma that surrounds stammering is justified; this can often be more disabling than the actual dysfluency itself.

The benefits of speech and language therapy for adults who stammer were evidenced in the recent systematic NHS National Institute for Health Research funded review: [Non-pharmacological treatments for stuttering in children and adults: a systematic review and evaluation of clinical effectiveness, and exploration of barriers to successful outcomes](#). Authors: Baxter S, Johnson M, Blank L, Cantrell A, Brumfitt S, Enderby P, Goyder E. Health Technology Assessment Journal, Volume 20, Issue 2, January 2016.

Contact us

If you have any queries about the stammering therapy telemedicine service please email: airedale.stammeringtherapy@nhs.net or telephone Steph Burgess on 07789 945 586.