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Speech pathologists help to communicate with confidence

A nationally-recognised stuttering unit at Bankstown-Lidcombe Hospital is highlighting this year's Speech Pathology Week theme of communicating with confidence.

Speech pathologists help more than 1.2 million people throughout Australia who have difficulties with communication and swallowing.

They work with people who have trouble communicating as a result of developmental delays, a stroke, brain injury, learning disability, intellectual disability, cerebral palsy and hearing loss, as well as other problems that can affect speech, language and communication.

Bankstown-Lidcombe Hospital's Acting Head of Department Speech Pathology Anna Corry said the stuttering unit was a fantastic example of a service supporting people with communication disabilities.

"We assess and treat people of all ages who stutter with some excellent strategies as well as conducting research in stuttering treatment," Ms Corry said.

"The unit is involved in world-leading research, such as the development of the Lidcombe Program, which is used across the District and is now the nationally recommended treatment for preschool children who stutter throughout the world.

"Stuttering normally begins in early childhood and we encourage parents to seek help as early intervention is the best method of treatment.

"With early intervention there is less likelihood of going into adulthood with the disorder."

The stuttering unit treats people of all ages, including school age clients from across south western Sydney, using telehealth and virtual technology.

Ms Corry said speech pathologists provided services across all age groups including babies who may struggle to feed, communication in the early years, adults who may have suffered a stroke or traumatic brain injury right through to end-of-life care.

"Speech Pathology Week presented a great opportunity to raise awareness of the role of speech pathologists and how we support people to communicate with confidence," Ms Corry said.

"Effective and confident communication is vital so everyone can participate fully in the social, educational, economic and sporting aspects of community life."

For more information on the speech pathology services in South Western Sydney Local Health District contact 9780 2788.