

- No secondary behaviors like sweating, head movements, body movements, etc.
- The symptoms are inconsistent and do not vary according to the situation or person.

9. What is Cluttering?

Cluttering is a disorder where an individual speaks too fast and/or with an irregular rate of speech and have affected attention span, articulation, perception and formulation of speech.

10. How is cluttering different from stuttering?

- Rapid rate of speech (talking too fast)
- Inappropriate breaks in speech patterns (pauses where there shouldn't be pauses)
- Monotonous speech (sounding like robot)
- Excessive repetition, prolongations and blocks in speech
- Increase in speed of talking even after instructing them to slow down
- Lack of self awareness of the problem.
- Missing words or sentences while reading or talking
- Listeners find it difficult to understand the speech of a person with cluttering

11. Whom should you contact if you have a fluency disorder?

Contact a Speech - Language Pathologist as early as possible.

12. Is it curable?

Yes. Most of the fluency disorders are curable with intensive fluency therapy under the guidance of a Speech and Language Therapist.

13. How can the family / public help?

- Do not laugh or imitate
- Avoid stressful situations
- Be supportive
- Be calm to listen to him/her
- Do not over correct

FOR FURTHER DETAILS AND INFORMATION

Contact



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Fluency Disorders

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1. What is fluent speech?

Fluent speech can be described as effortless, continuous and natural flow of speech that develops from childhood to mid adulthood.

2. What are the causes of fluency disorders?

- Minor brain damage
- Delay in developmental milestones
- Emotional personality, short temperament, tension and frustration
- Parental demands that cannot be met by the individual
- Unintentional influence of neighbours or friends
- Positive family history

3. What are the types of fluency disorders?

There are various types of fluency disorders:

- I. Stuttering or stammering
- II. Neurogenic stuttering
- III. Cluttering

4. What is stuttering/ stammering?

Stuttering/ stammering is characterized by tensed, effortful repetition of sounds, words or phrases that makes the speech of the person non fluent. It may

or feelings about talking and/ or communication in general. It is typically found in children between 2 to 5 years of age.

5. What are the symptoms of Stuttering?

- Frequent sound repetitions (Ma.Ma... Ma... My name is Pa... Pa.... Pa.... pavan)
- Prolongations of a sound (Mmmmmummy give me ice cream)
- Short blocks in breathing air
- Excessive use of words to fill up gaps in speech (like, well, uh, ah, etc)
- More stuttering on content words of sentences (Eg., naming words, action words etc)
- Abnormal variations in pitch or loudness
- Irregular rate, speed, and rhythm of speech.
- Insertion of vowel in between words (example: buh/ buh/ buh/ baby)
- Avoidance or refusal to talk to strangers or in a gathering.
- Fear in speaking certain sounds
- Abnormal facial grimacing (eye blinking, raising eyebrows while speaking etc.)

6. Do all children stutter?

No. During a developmental period instead of smooth flow of speech, children may produce many repetitions of sounds, words, phrases and incomplete sentences. These behaviors may look like stuttering but they are normal features during developmental period and are called *Normal Non-Fluency*. This is because when the child starts learning the language, because of immaturity in learning or confusion of words, children show certain discontinuities in the flow of speech.

7. What is Neurogenic Stuttering?

Stuttering like dysfluencies can occur after an accident, or any damage to the brain and is then called *Neurogenic Stuttering*. It is a very rare condition and is common in men than women . Mostly it occurs along with other disorders like Aphasia and Dysarthria.

8. How is Neurogenic Stuttering different from Stuttering?

Persons with neurogenic stuttering usually show the following behaviours:

- Repetitions and prolongations on final consonants
- Dysfluencies that is not specific to certain words only.
- Absence of anxiety