



Melway Ref: Map 45:H,6

- **Public Transport access**

Tram: No. 109 along Cotham Road to outside St. George's Hospital - stop 40 at Normanby Road

Bus: Route 547 & 548 from Latrobe University and Mont Park. Alight at Cnr. Burke Road & Cotham Road and walk or catch Tram No. 109 west along Cotham Road to John Street. Route 624 from Kew to Oakleigh via Chadstone & Holmesglen. Alight at stop on Cnr. John Street & Cotham Road. This bus connects with trains at Auburn Station.

Car: Enter from Normanby Road entrance.

- **Ready access to pathology and imaging services**



SPEECH & COMMUNICATION CLINIC (SC Clinic)

A conjoint initiative of:
**The Academic Unit for Psychiatry of Old Age
 University of Melbourne & Inner East
 Community Health Service (IECHS)
 St Vincent's Aged Psychiatry Service**

**Normanby Unit, St. George's Campus
 283 Cotham Road, Kew Vic 3101
 Telephone: (03) 9816-0508
 Facsimile: (03) 9816-0403**

SC Clinic is part of the Community based Ambulatory Care Service provided by the Academic Unit & the Inner East Community Health Service (IECHS)

The Inner East Community Health Service (IECHS) has a commitment to ensure the health of residents of Yarra and Boroondara and to support and maintain their independence at home.

The Memory & Related Disorders Clinic (MRDC) of the Academic Unit for Psychiatry of Old Age has established a conjoint Speech and Communication Clinic with the IECHS. The aim of the clinic is to understand and manage disorders of swallowing, speech and communication through research and clinical practice.

AGEING and COMMUNICATION

Effective communication means how well we hear and understand, and also how effectively we talk, think, and know what we say is understood.

Communication does change in people in their 50's into the late 80's. For many people it is harder to:

- remember what has just happened or what people have just said
- understand what people are saying if it is long and complicated
- solve everyday problems and make judgements, like using money
- remember the names of things, places and people
- spell correctly and write legibly, and finally
- be aware if people are not understanding them so they can fix it up!

Additional problems of communication in ageing are concentrating and understanding written instructions, or organising activities and making decisions. Speech may lose its smoothness and fluency, or pronunciation, or even the ability to get your mouth around words may change. Associated with this disorder is the ability to swallow safely.

The clinic is therefore also interested in the effect of medications in ageing people to chew and swallow.

SC Clinic Activities Diagnosis, Advice and Management

In community health we want to know how people understand what is said to them, and how they communicate to get their message across effectively in order to maintain their interactions with family, friends and the community at large.

You can contact us if you would like us to visit you in your home and provide you with information, support and management about speech and swallowing. You can also visit the SC Clinic when you attend the MRDC Clinic at Normanby House.

In the clinic you will be asked to do some very simple speech tasks, and also to talk into a tape recorder so that we can examine the structure of everyday conversations. Should you be prescribed medications, we would like to maintain contact with you and learn how the medications are affecting your speech, communications and therefore your relationships.

Feedback

- Written report to your GP

Appointments and Contact

SC Clinic operates on Thursday 9am – 5pm at Normanby Unit, St George's Hospital.

Clinic Consultant – Speech Pathologist Dr Ian Thompson

Appointments to SC Clinic can be made by telephone:

MRDC (03) 9816-0508
IECHS (03) 9420-9118