

Better Hearing & Speech Month



Amidst all this craziness, we cannot let May go by without honoring it as **Better Speech and Hearing Month (BSHM)**.

This is a month to increase awareness for our profession, as well as audiologists. TLC will be providing educational materials to highlight some topics such as speech sound development, how to protect your hearing, cognitive and linguistic changes in the elderly, and awareness of hearing loss.

This week we are highlighting **fluency, both cluttering and stuttering**.

Fluency is speech production that refers to continuity, smoothness, and rate.

Stuttering, the most common fluency disorder, is an interruption in the flow of speaking characterized by repetitions (sounds, syllables, words, phrases), sound prolongations, blocks, interjections, and revisions, which may affect the rate and rhythm of speech. These disfluencies may be accompanied by physical tension, negative reactions, secondary behaviors, and avoidance of sounds, words, or speaking situations.

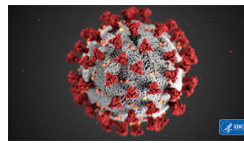
Cluttering, another fluency disorder, is characterized by a perceived rapid and/or irregular speech rate, which results in breakdowns in speech clarity and/or fluency.

For more information about BSHM visit:

[ASHA](#)

[TLC Speech CT](#)

[Best Life Hearing Center](#)



TLC continues to pray that this finds each family home safe and healthy.

We hope you are enjoying the informational videos we've published.

Teletherapy continues to be provided to patients. If you are not currently receiving teletherapy, and would like to try, please let your therapist know. TLC hopes everyone continues to stay healthy and safe. Know all of us miss all of you! We are here to support you however you need.

We are hoping that the recent implementation of Phase I goes smoothly, and Phase II begins as targeted on June 20th. Mercer Professional Liability, ASHA, the CDC, and local state and town departments continue to offer guidance for re-opening guidelines. We will keep you informed of any and all changes in protocols, as well as projected dates as we learn them.



Insurance update for teletherapy.

Aetna, Anthem BCBS-CT, Cigna, and CTCare have approved teletherapy for 90 days. We are awaiting guidance from ASHA, as well as our governing bodies here in CT, to know if teletherapy coverage will be extended longer. Right now, BCBS is set to end teletherapy coverage on June 15th, and Cigna just extended their date to July 31st. CTCare and Aetna are set to end on June 4th.

Numerous SLPs are rallying and contacting our insurance representatives to extend those dates for the individuals we serve who may be medically compromised and cannot risk in person sessions.