



The Centered Space

Free guide: 15 to 24

Hold your ground when a **word catches**.

Three things to do in the three seconds after a block, before your next interview, driving test or first shift.

A skateboard session, mid-trick.

— What do I do when a word catches?

Name it first, and ask for a second



"Just so you know, I stutter sometimes, so there might be a pause. Give me a second and I will get there." Said once, before the pressure is on.

Choose your own pace and your own pause



"Give me a sec." Then take it. A pause is not a problem. Letting it be a pause is often what gets you to the word.

Work with the listener's reaction, don't absorb it



If someone finishes your sentence: "I have got it, thanks, just give me a sec." Their reaction belongs to them, not to you.

— What are they actually judging?

An interviewer weighs your answers. An examiner weighs whether you can read the road. A manager weighs whether you can take an order and get it right. None of them mark you on how smoothly the words come out.

— Is there a funded pathway?

Under 25 and you stutter



Medicare rebates may apply for people under 25 who stutter, with a GP referral. You still pay the gap between the rebate and the session fee.

What to ask your GP for



A referral to a speech pathologist for stuttering under the Medicare eligible-disability items. Your GP will know the item numbers.

Where



On the Gold Coast in person, or online anywhere in Australia. Where you live is not the thing standing between you and support.

What does it cost? Medicare rebates may apply for people under 25 who stutter, with a GP referral. Support is not free, but the rebate brings the cost down. We confirm the fee in writing before anything starts. Take your time.

— How do I start?

Fiona Wright, speech pathologist, works Tuesday to Thursday. Her books open **Tuesday 10 November 2026**.

1

Book a free consult with Liz, our NDIS specialist, on the page below or scan the code. She talks through the pathway and what to ask your GP for.

2

Or book a free clinical consult with Haylee, our senior speech pathologist, to talk through your situation first. Nothing is booked until you say so.

Liz, our NDIS specialist

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