

HEARING HEALTH

Communication Tips and the Devices that Help!

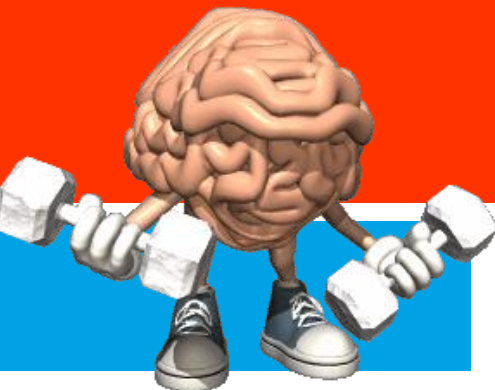


Trust the experts who listen.

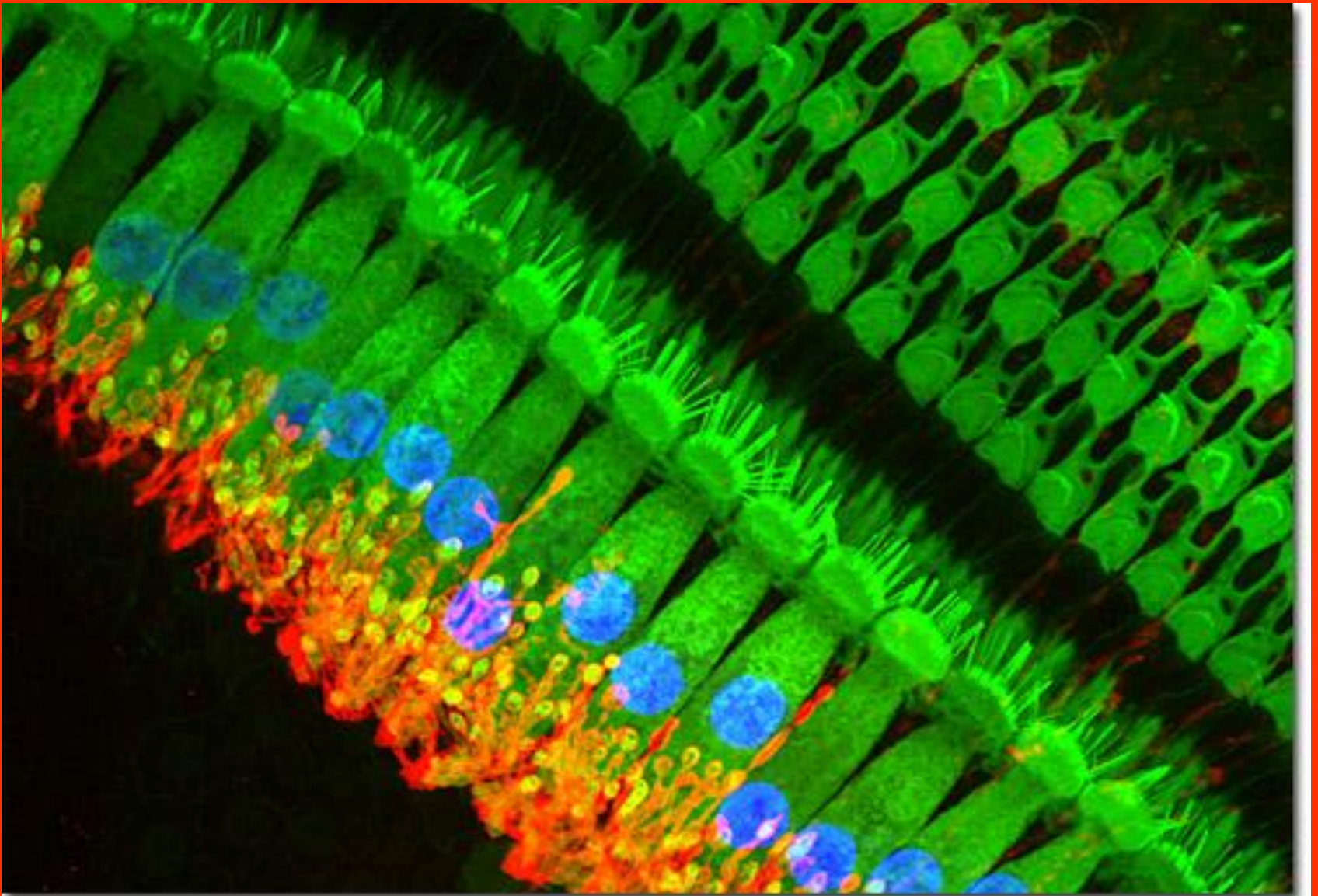
Mary Cameron – HIS/Ops Mgr

HEALTH & HEARING

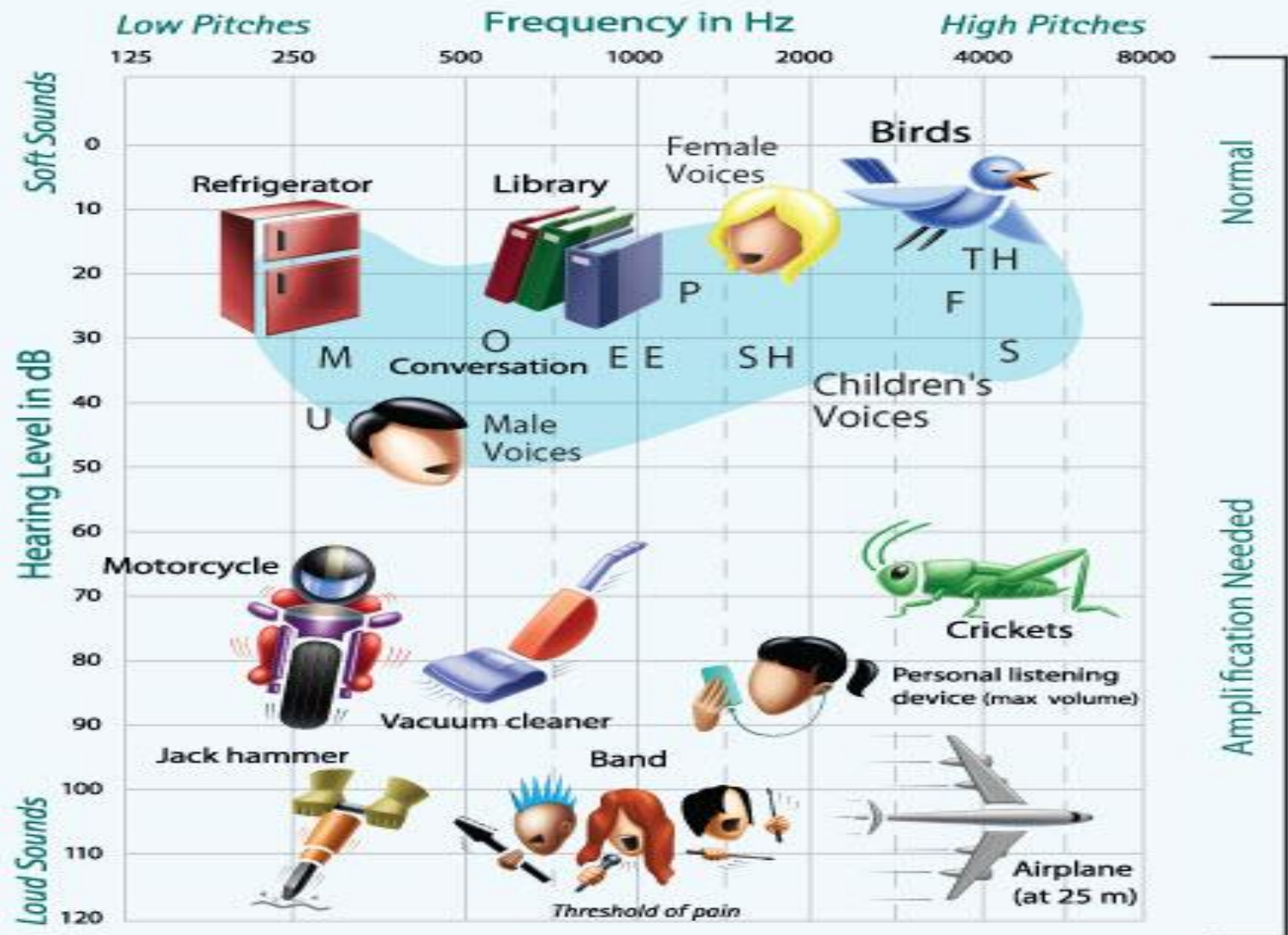
- Good cardiovascular health is associated with better hearing
- Diabetes is linked to a higher prevalence of hearing loss due to damage of the inner ear – cochlea
- Noise exposure, medications, illness and genetics all contribute to hearing health
- Hearing Loss left untreated can cause, stress, anxiety, and depression leading to decreased social activity



1 in 10 Canadians has Hearing Loss



Cochlear Hair Cells



What do we miss?

COMMUNICATION TIPS

Speaking with someone who has Hearing Loss

- Get attention of listener before speaking
- Do not shout
- Speak Face to Face
- Don't repeat – rephrase
- Avoid background noise distractions
- Be patient, relaxed and positive
- Use Clear Speech
 - Speak slightly slower
 - Speak slightly louder
 - Pause between phrases



Common Sense not Rocket Science

MODIFY THE ENVIRONMENT

- Maintain good lighting
 - avoid standing in front of light source
- Turn off surrounding noise
 - TV/Radio
- Avoid conversation in noise
 - ie. Bath/Shower Time
- Move away from noise



Less Distraction = More Attention

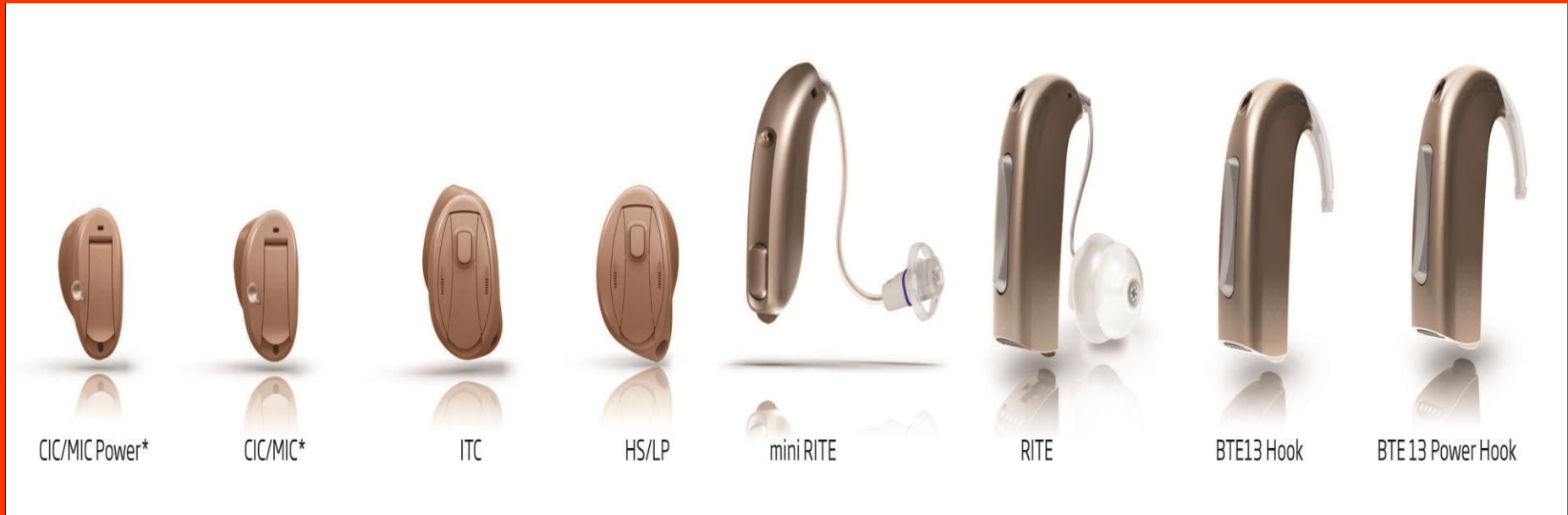
Telephone Tips



- **Speaker phone is best!**
- **Check for volume controls and “boost” options**
- **Keep cords untangled**
- **Cordless and Cell phones are not Hearing Loss friendly**
- **When using Hearing Aids place telephone next to microphones.**
- **Whistling Aids – turn phone slightly out to create open space**

Hello..Helloooo...HELLO – Phone Help!

Styles of Hearing Aids



Its time to get “Hands On”

RESOURCES FOR YOU



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Blogger

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ME

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We're “*HEAR*” to Help!

Hearing Institute Atlantic



Trust the experts who listen.

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Be Proactive, Have Your Hearing Tested!