

Hearing Health

Communication Tips and the Devices that Help!

Hearing
Institute
Atlantic

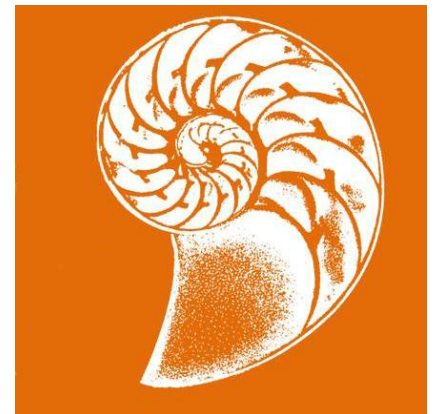


Trust the experts who listen.

Sarah Williams – Audiologist
Mary Cameron – HIS/Operations Manager

Outline

- Why is Hearing so important?
- Overview of Hearing Loss
- What to do?
- Hearing aid care & cleaning
- Our Services



Why is hearing so important?

- Everyone wants to hear different things
- Hearing connects us to the world around us and allows us to communicate with others
- Hearing loss can hinder communication, alter relationships and self-concept



Symptoms of Hearing Loss

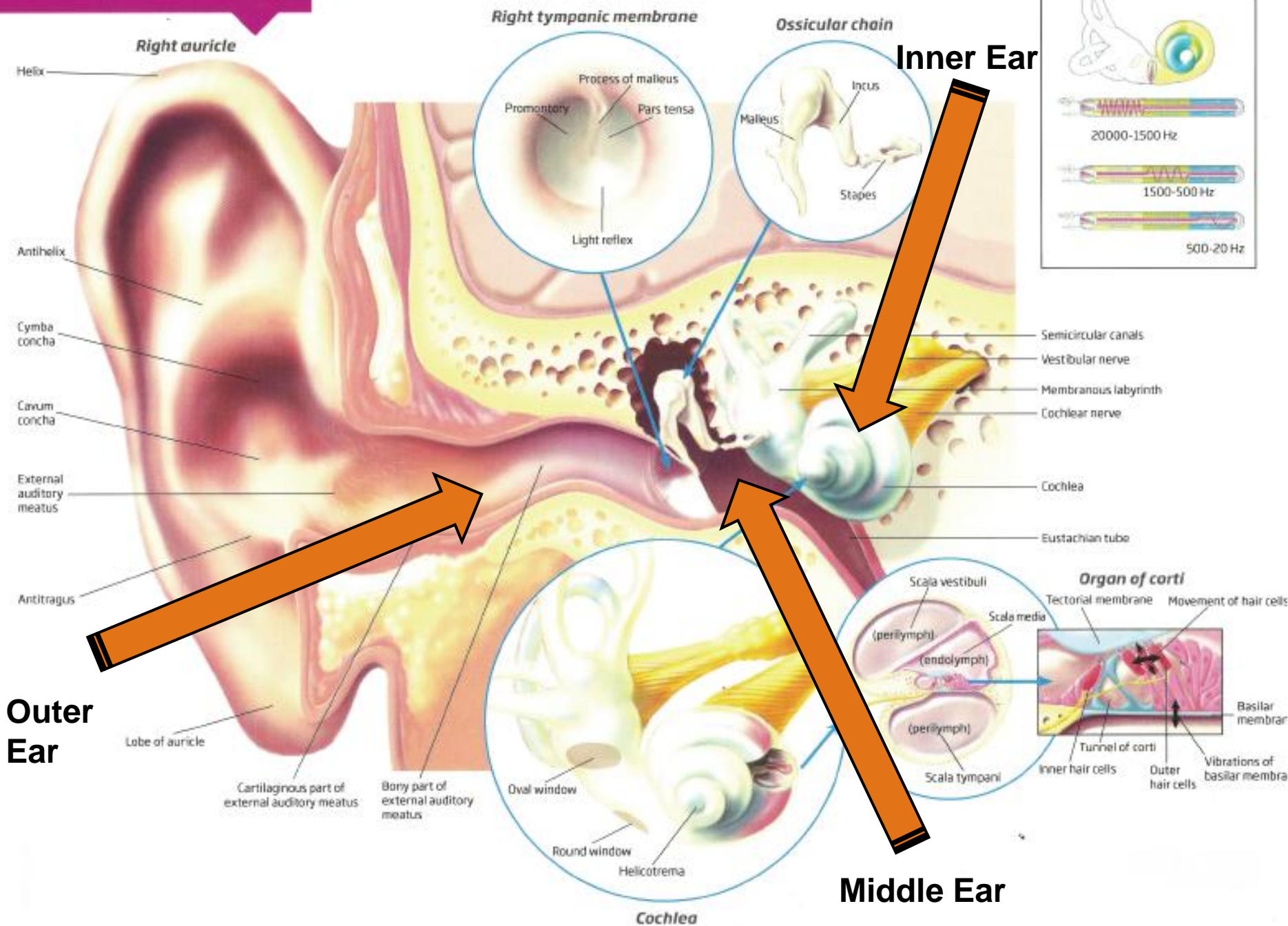
- Asking for repetition
- Responding inappropriately or not responding
- Difficulty hearing in groups
- Complain that people mumble or don't speak clearly
- Defensive about hearing loss
- Watching the speakers mouth
- Turning head to one side to hear better
- Looking puzzled during conversations
- Speaking too loud or too soft
- Social withdrawal
- TV and radio at higher volumes

Hearing Loss

- Hearing loss can be caused by aging, noise exposure, trauma, infections, diabetes, genetics, and medications

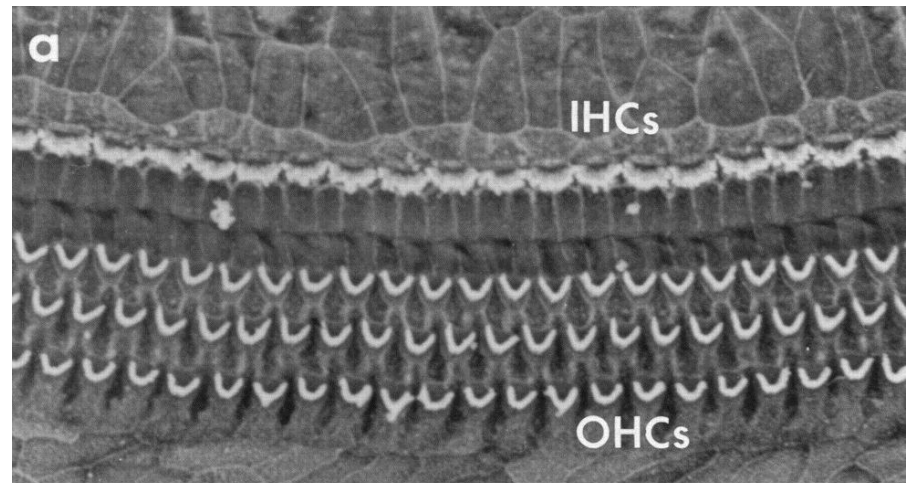


The Human Ear



Hair Cells in the Inner Ear

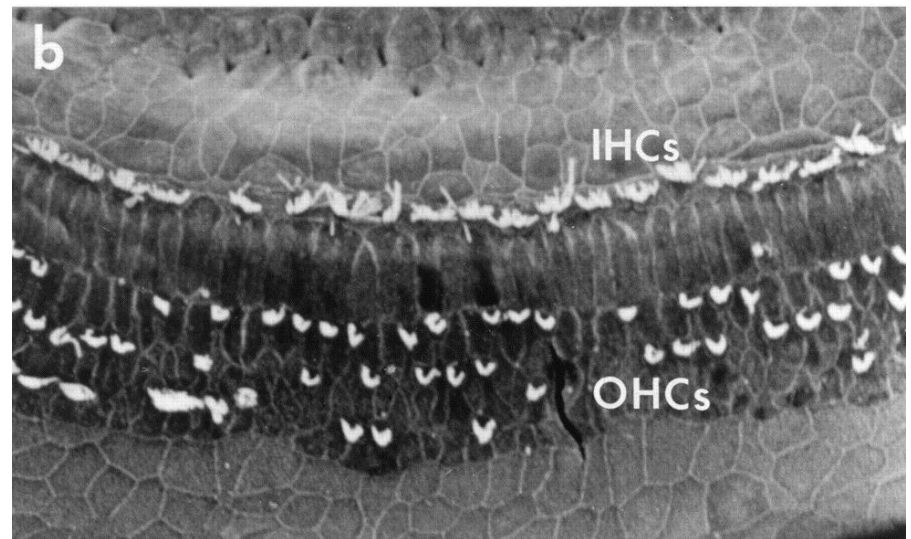
Healthy



Hearing Loss

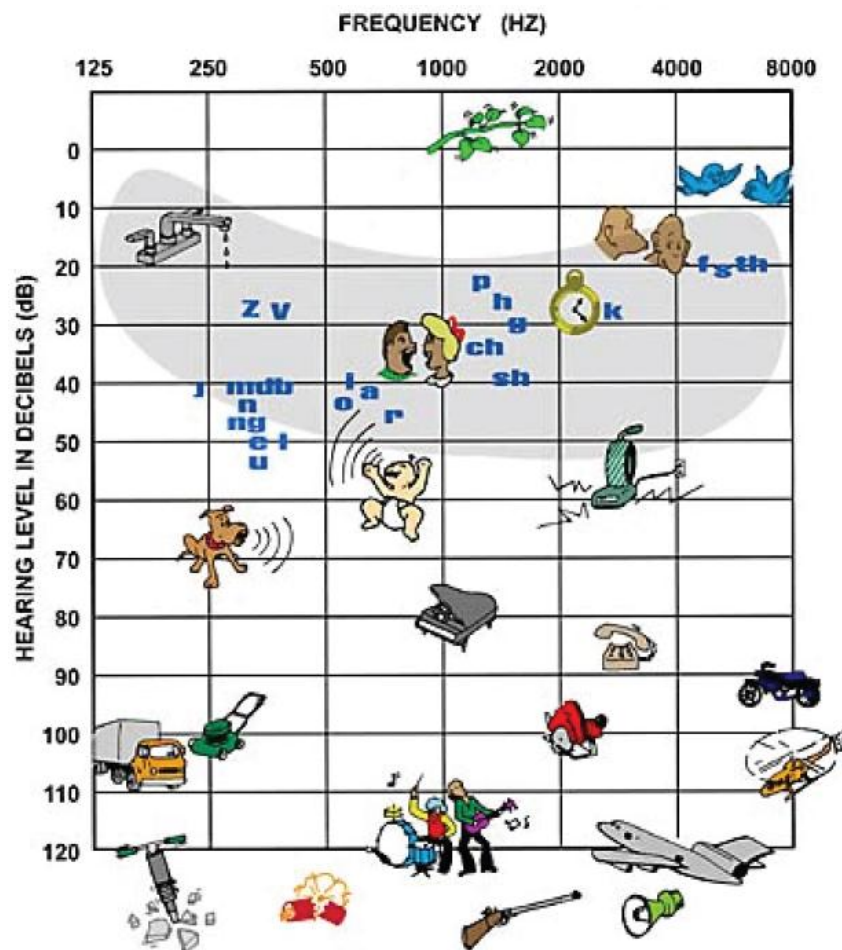


■ Damaged & missing



I can hear but I can't understand??

- Vowels are easier to hear
- Missing consonants
- Consonants give words meaning
- Brain can fill in the blanks based on context

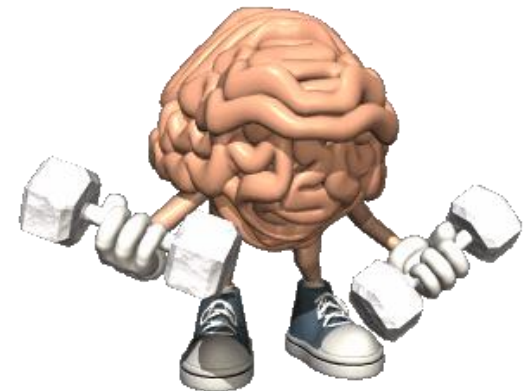


Aging & Hearing Loss

- A combination of changes in the inner ear and brain cause age-related hearing loss
- The inner ear contains hair cells that are susceptible to damage as we age
- Neural slowing occurs which impacts how we transmit and process information
- Ability to process speech changes with age as there are changes in:
 - Selective attention
 - short-term memory
 - processing speed
 - reaction time
- We hear with our brain!

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
- Hearing loss left untreated can cause:
 - Stress
 - Anxiety
 - Depression
 - Decreased social activity



What to do?



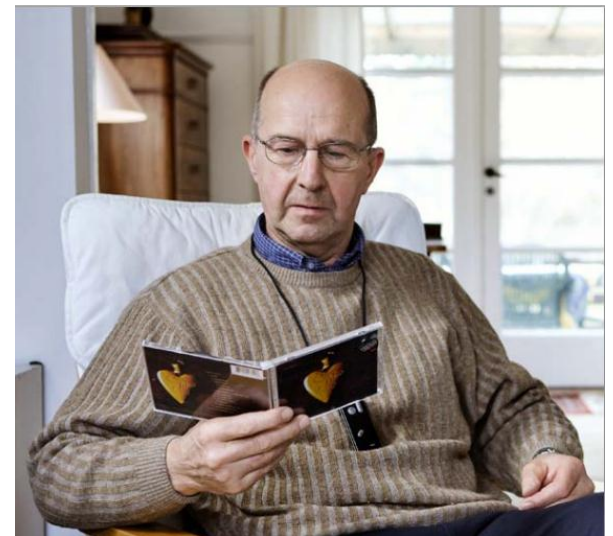
1. Hearing Aids
2. Communication Strategies
3. Assistive Listening Devices (ALDs)

Hearing Aids

- Many different styles to choose from
 - Custom
 - Behind-the-ear
- Many levels of technology
 - Basic
 - Mid
 - Advanced



Hearing Aid Technology



Assistive Listening Devices



□ TV Listening Device



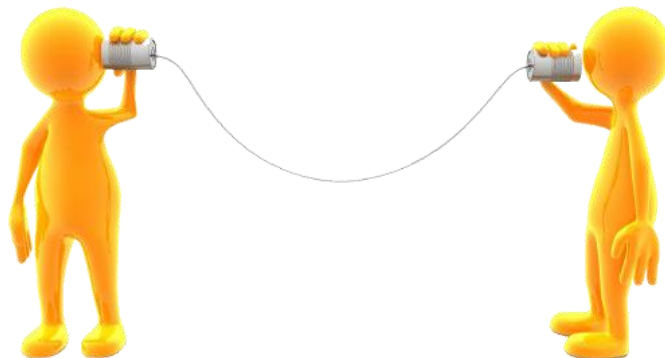
□ Amplified Telephone



□ Audioport

Communication Strategies

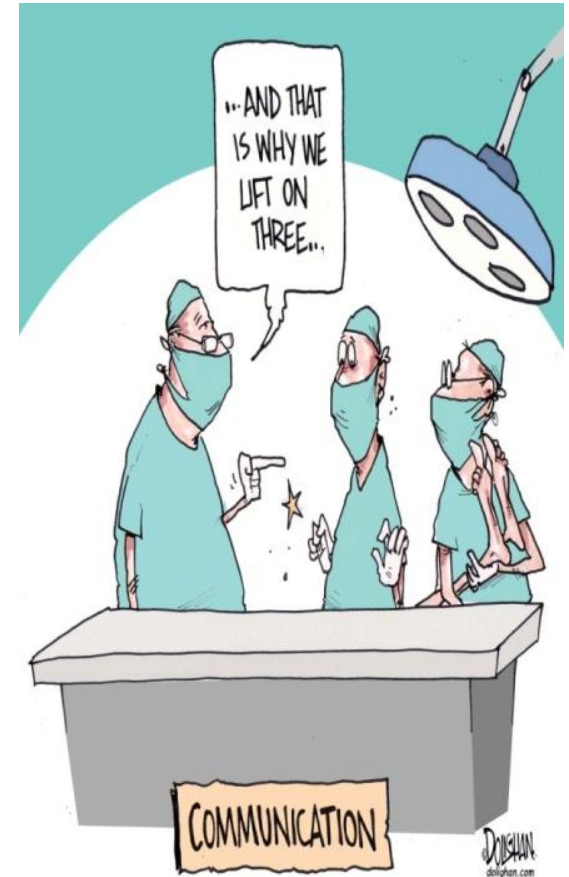
- Can help improve communication in any setting
- Easy tips and tricks for those with hearing loss and for friends and family



Communication Strategies

Speaking with someone who has hearing loss

- Get attention of the listener
- Speak face to face
- Avoid background noise
- Don't repeat – rephrase
- Do not shout
- Clear speech – slightly louder, slightly slower and maintains natural pauses



Be patient, relaxed & positive!

The Benefits of Better Hearing



- ❑ Better family relationships
- ❑ Better feelings about themselves
- ❑ Improved mental health
- ❑ Greater independence and security
- ❑ Family members notice benefits

Hearing Aid Troubleshooting

Daily Maintenance

- ❑ Open the battery door after use
- ❑ Store in a dehumidifier
- ❑ At the end of the day
 - Wipe with a lint-free cloth
 - Brush any wax off the aid
 - Pay close attention to where the sound comes out

Troubleshooting

- ❑ Check for feedback (whistling)
 - Cup in your hand
- ❑ Replace the battery
- ❑ Replace wax guard

- ❑ Call us for help!

Our Clinics



- ❑ Central Halifax – North Street
- ❑ South End Halifax – Martello Street
- ❑ Clayton Park – Lacewood Drive
- ❑ Dartmouth – Portland Street
- ❑ Bedford – Bedford Highway
- ❑ Lower Sackville – Sackville Drive

Our Services

- **Hearing Assessments**
 - ▣ Fee \$50
- **Hearing Aid Consultation**
 - ▣ Complimentary
- **Wax Removal**
 - ▣ Fee \$25
- **Counselling & Communication Strategies**
 - ▣ Complimentary
- **Housecalls**
 - ▣ Fee \$50
 - ▣ Complimentary with the purchase of hearing aids for HomeInstead clients (4 per year)

Resources



Find us on
Facebook

www.facebook.com/HearingInstitute



FOLLOW US ON
twitter

@HIA_Audiologist



Blogger

www.hearinginstitute.ca
Follow our BLOG – Sound Advice



Email - sarah@hearinginstitute.ca

482-2222

We're “*HEAR*” to Help!

Hearing Institute Atlantic



Trust the experts who listen.

482-2222

Be Proactive about Hearing Health