

# Hearing Health

Communication Tips and the Devices that Help!

Hearing  
Institute  
Atlantic



*Trust the experts who listen.*

Dr. Sarah Williams - Audiologist

# Outline



- Overview of Hearing Loss
- Communication Tips
- Hearing Aids
- Hands on

# Why is hearing so important?

- 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



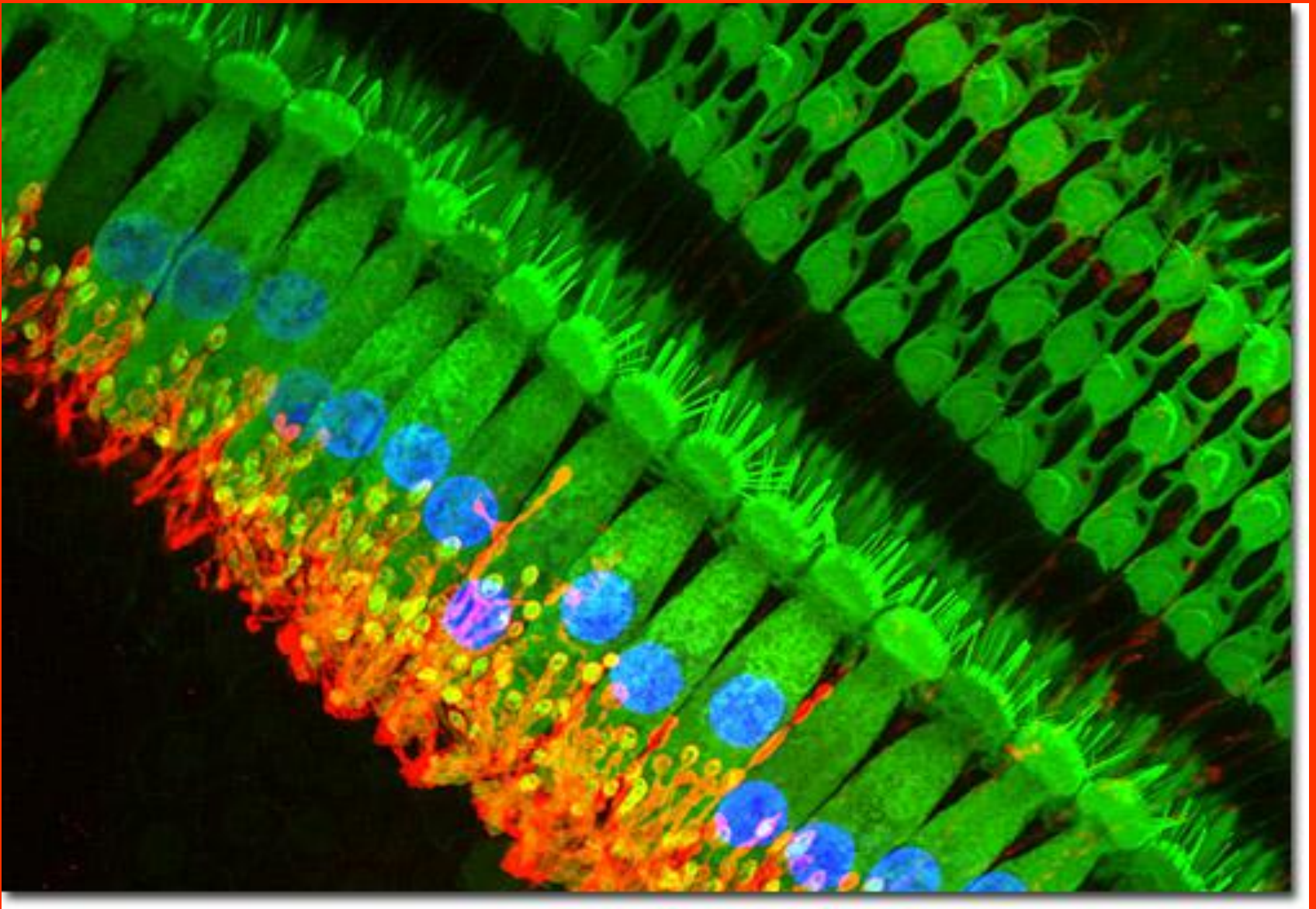
# Symptoms of Hearing Loss

- 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



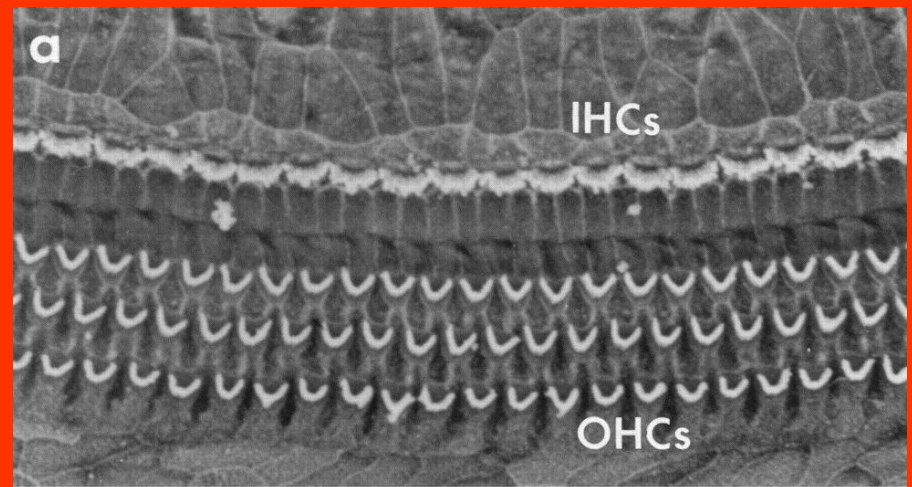


**Cochlear Hair Cells**

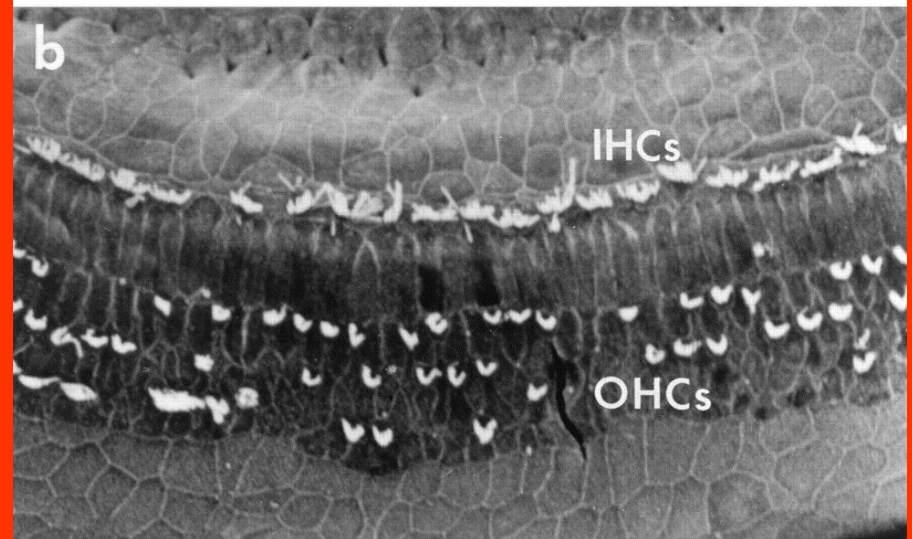


# Cochlear Hair Cells

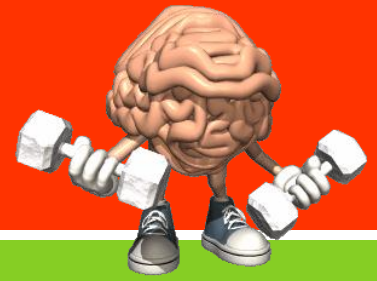
Healthy



Hearing Loss



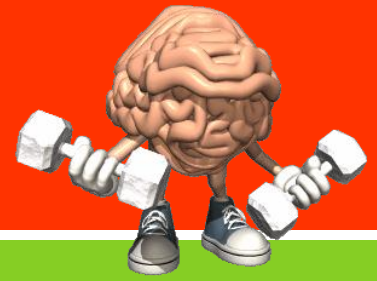
# Health & Hearing



- ❑ Good cardiovascular health is associated with better hearing
- ❑ Diabetes is linked to a higher prevalence of hearing loss
- ❑ Noise exposure, medications, illness and genetics all contribute to hearing health
- ❑ **1 in 10 Canadians has Hearing Loss**



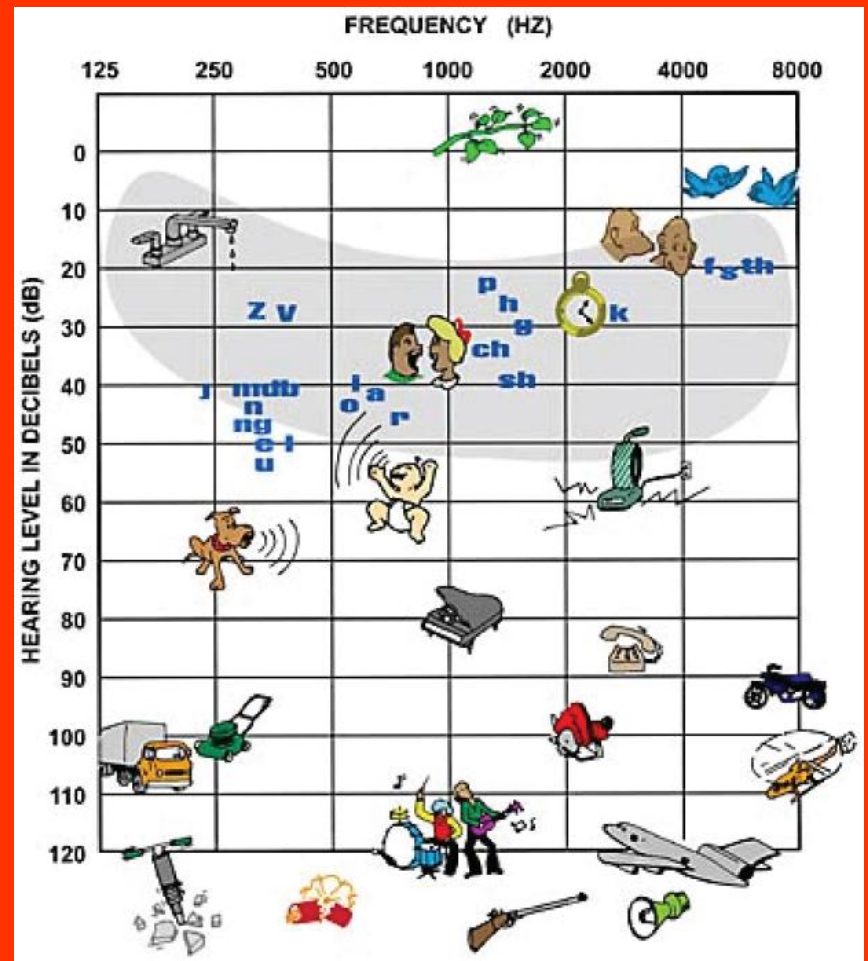
# Health & Hearing



- Hearing Loss left untreated can cause, stress, anxiety, and depression leading to decreased social activity

# What do we miss?

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



# Communication tips

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



# Modify the Environment

- Maintain good lighting
- Turn off surrounding noise
  - TV/Radio
- Avoid conversation in noise
  - ie. Bath/Shower Time
- Move away from noise



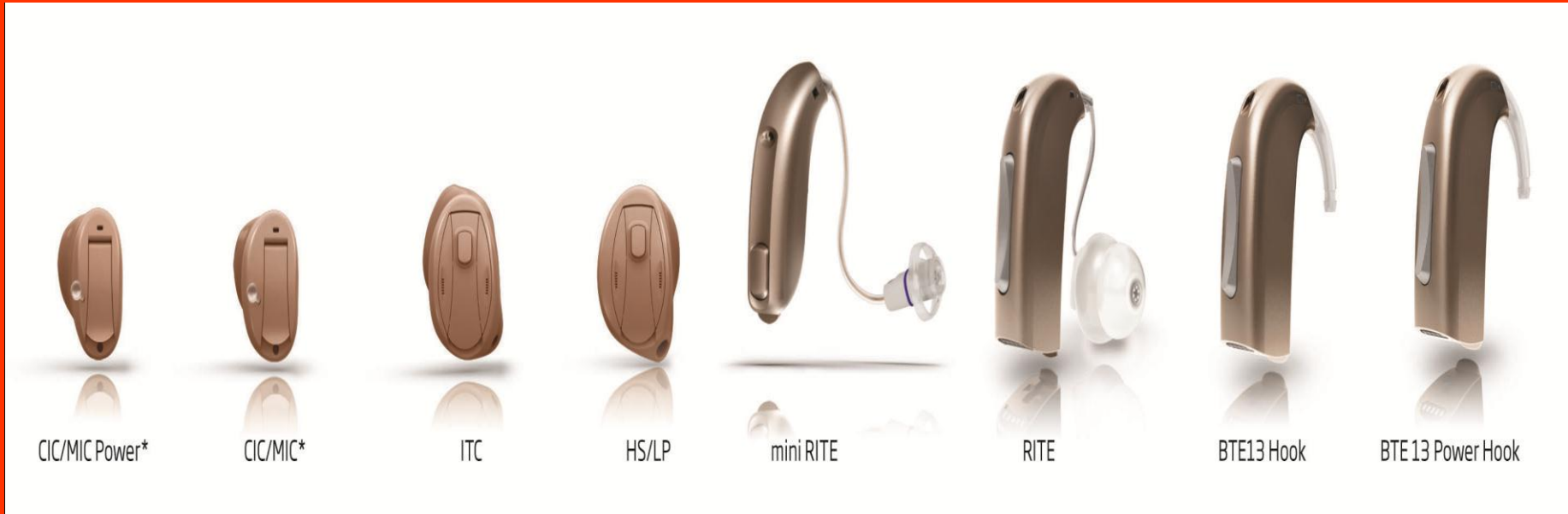
**Less Distraction = More Attention**

# 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



# Styles of Hearing Aids



Its time to get “Hands On”



# Resources for you



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Email - [mary@hearinginstitute.ca](mailto:mary@hearinginstitute.ca)  
[sarah@hearinginstitute.ca](mailto:sarah@hearinginstitute.ca)

We're **“HEAR”** to Help!

# Hearing Institute Atlantic



*Trust the experts who listen.*

482-2222

**Be Proactive, Have Your Hearing Tested!**