



HEARING HEALTH CARE UPDATES

SUMMER 2017 EDITION

I am truly gratified by all the positive responses to my newsletter, and I hope you continue to find this information interesting, enlightening, and helpful. As always please feel free to contact me with any questions you may have. It's my professional goal and my personal pleasure to assist you in any way that I can.

WHY BRING YOUR FAMILY MEMBER TO OUR APPOINTMENT?

HOW CAN FAMILY MEMBERS HELP?

• Going with your loved one to audiology appointments

• Discussing with each other the costs and benefits of using hearing aids

• Helping your loved one to overcome any stress or fears associated with getting hearing aids

• Using tips and tricks to improve communication (e.g. making sure conversations are close-up, face-to-face and away from background noises)

• Motivating and encouraging your loved one to wear their hearing aids all day from breakfast to bedtime

• Helping your loved one to care for their hearing aids (e.g. changing batteries, putting them on, taking them off, cleaning them, etc.)

• Giving emotional support to your loved one to help them overcome challenges of hearing loss

Audiologists have one goal in mind when it comes to hearing aid use: we want you to be satisfied! As a rehabilitation specialist, I am interested in your experience with hearing aids, and how well you are coping with your hearing loss after deciding to purchase hearing aids. Why? There is scientific evidence that links hearing difficulty with poorer overall health. Research shows that people who don't hear well spend more time in hospital and pay more for health care. They also have trouble communicating with doctors and other providers, and self-rate their overall health and quality of life as poorer. Since hearing loss appears to place people at greater risk, it is my personal responsibility as an Audiologist to make sure that every single one of my patients is functioning at their very best.

What we now know, based on the research, is that support from family members and significant others can help hearing aid users gain satisfaction. Ongoing support comes in many guises: encouraging a loved one to wear their devices all day and every day; help in handling and caring for their hearing aids; using communication tips and tricks to help a loved one overcome the challenges of hearing loss. Actions like these go a long way to build confidence and help a person with hearing aids to live a fulfilled life.

The evidence also shows that for people with hearing loss, having a family member present during audiology appointments is very helpful. For visits where decisions need to be made about what type of hearing aids are suitable, the presence of a loved one significantly increased the chances of that person getting the help and technology they need.