

Aural Rehabilitation

These services help you adjust to your hearing loss, make the most of your hearing aids, and teach you how to take charge of your communication.

Some topics covered in Aural Rehabilitation include:

- Understanding your hearing loss
- Understanding your hearing aid
- Learning to listen again
- Realistic expectations
- Using visual cues
- Assistive Listening Devices

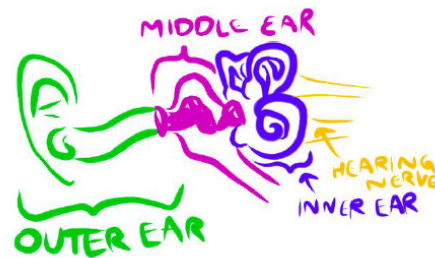
How to be a better listener...

- Face the person you are talking to
- Decrease the distance between you and the speaker
- Reduce background noise
- Ask for clarification
- Don't say 'what?' - repeat what parts of the sentence you **did** hear

Health Conditions

There are a number of **medical conditions that are associated with hearing loss** including:

- Cancer, especially if treated with drugs that are toxic to the ear
- Depression
- Diabetes
- Cardiovascular disease
- Arthritis
- Osteoporosis
- Alzheimer's and dementia
- Parkinson's disease



UBC Hearing Health Information

Audiology Class of 2016

What is hearing loss?

Hearing loss affects over 3 million Canadians.

There are 2 types of hearing loss;

1. **Conductive:** typically temporary; caused by abnormalities in the outer and/or middle ear, such as impacted ear wax or middle ear infections.
2. **Sensorineural:** usually permanent; caused by damage to the inner ear/hearing nerve. Includes age-related & noise-induced hearing loss.

How do I know if I have hearing loss?

Difficulty hearing on the phone

Difficulty in conversations with 2+ people

Often ask people to repeat themselves

TV volume causes others to complain it is too loud

Difficulty hearing in noisy places

Find that others mumble or speak unclearly.

If you checked off one or more of these statements, please contact your doctor or local audiologist.

What Should I Expect At My Hearing Test appointment?

A hearing 'test' is actually several tests. Each test provides different information about your hearing.

Case History: Your audiologist asks you questions to get a better understanding of your hearing and medical history, such as: *In which situations do you notice hearing difficulty? Do you experience ringing in your ears? Have you been exposed to loud noises?*

Otoscopy: The audiologist looks in your ears to see whether your ear canal and eardrum look healthy.

Tympanometry: The audiologist will put a soft rubber plug in your ear. You will feel some pressure in your ear and hear some sounds. This makes a graph that tells us whether your eardrum is moving properly.

Sound Booth Testing: In a small soundproof room, the audiologist plays you various sounds (beeps, words, sentences, etc.) through headphones and asks you to respond in a certain way.

By interpreting the results of all of these tests, the audiologist can determine whether you have a hearing loss and, if so, which part(s) of the ear are affected.

How Do Hearing Aids Work?

Hearing aids shape sound to your individual hearing loss by amplifying only the pitches you cannot hear very well, which enhances clarity.

The goal is to make sounds, especially speech, audible.

Hearing aids have:

- A **microphone** to pick up sound
- A **processor** to make sounds louder & clearer
- A **receiver** that directs sound into the ear
- A **battery** for power

Depending on the hearing aid style, users may have a custom-fit ear mold or a soft silicone dome tip in their ear that helps to direct sound and enhance sound quality.

Styles of Hearing Aids

There are different styles of hearing aids available. Some sit behind the ear, entirely in the ear (blocking the ear canal), and some leave the ear canal open. Audiologists work with the client to determine which style best suits their needs.

What Can I Expect With My Hearing Aids?

- A trial period to "test drive" your aids
- Period of adjustment: expect anywhere from 6 - 12 weeks to get used to your aids
- Your voice may sound different with hearing aids, but over time it will become normal
- Expect to buy batteries for your aids
- Expect to have multiple follow-up appointments to readjust your hearing aids to best suit you and your needs
- Hearing aids typically last for 5-6 years
- Expect to enjoy the sounds of life again!

Be a Smart Consumer

- Don't be afraid to **ask for more information**
- **Use caution** when buying hearing aids online or through mail-in ads
- Fitting them to suit your needs may be difficult.

Find out more at www.cshhpbcc.org

College of Speech and Hearing Health
Professionals of British Columbia