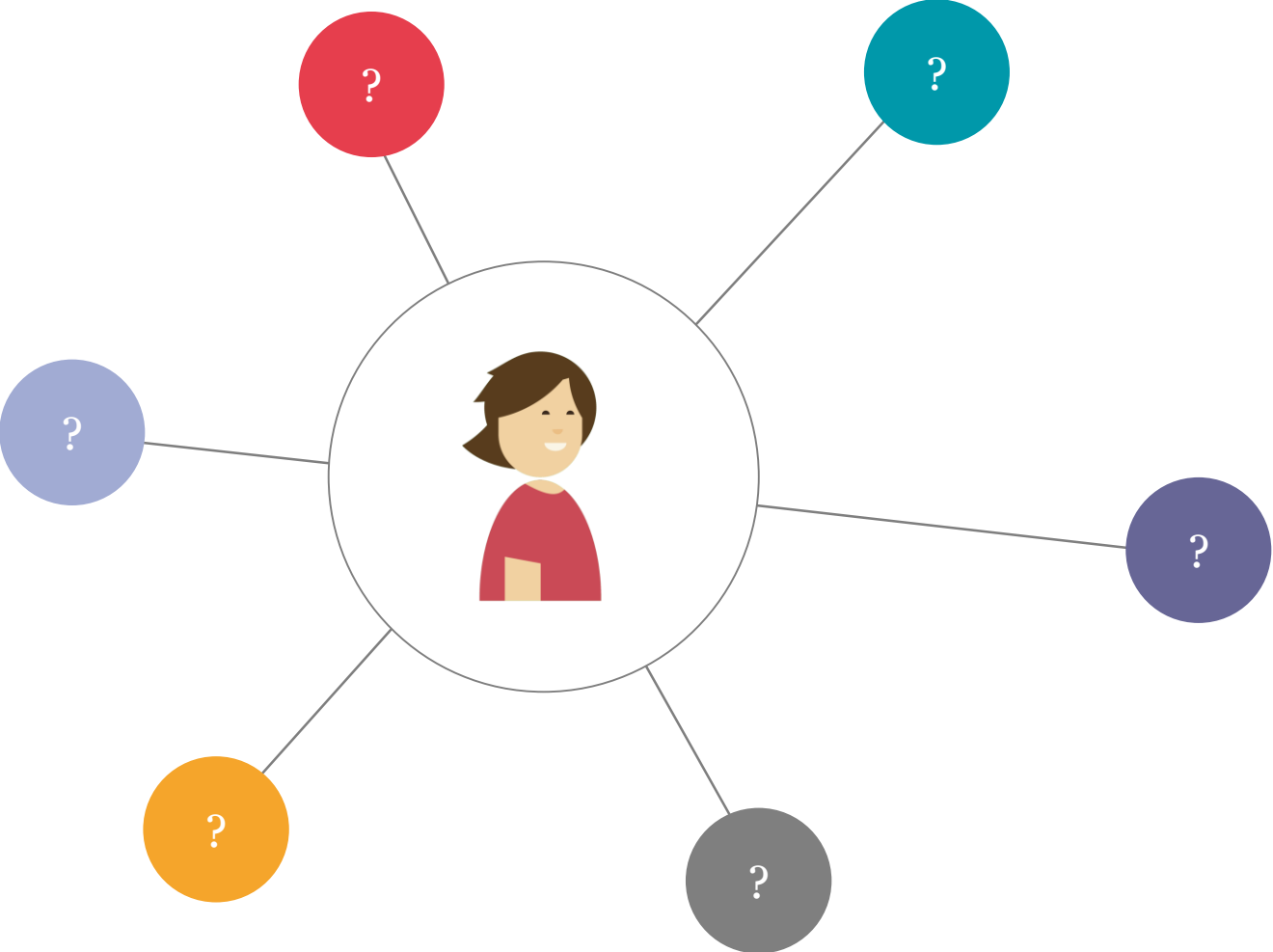


# Living Well with Hearing Loss



# Mind Mapping What Does It Mean to Live Well to You Personally?



# Consider What Does It Mean to Live Well for...



Person with hearing loss



Hearing care professional



Communication partner

# What Does Living Well Mean?

Traditionally, professionals emphasize physical health and functioning in their definition of living well.

(Guse & Masesar, 1999)

However, patients are more likely to endorse factors such as happiness, along with social engagement, rather than focusing solely on physical functioning.

(e.g., Knight & Ricciardelli, 2003)

# Wellness defined

Consistent with the World Health Organization's definition of "health," the 2013 Global Wellness Tourism Economy report defines wellness as a state of complete physical, mental, and social well-being.\* It goes beyond mere freedom from disease or infirmity and emphasizes the proactive maintenance and improvement of health and well-being. Expressed on a continuum that extends from reactive to proactive approaches to health, wellness falls firmly on the proactive side, incorporating attitudes and activities that prevent disease, improve health, enhance quality of life, and bring a person to increasingly optimum levels of well-being.

Global Wellness Institute

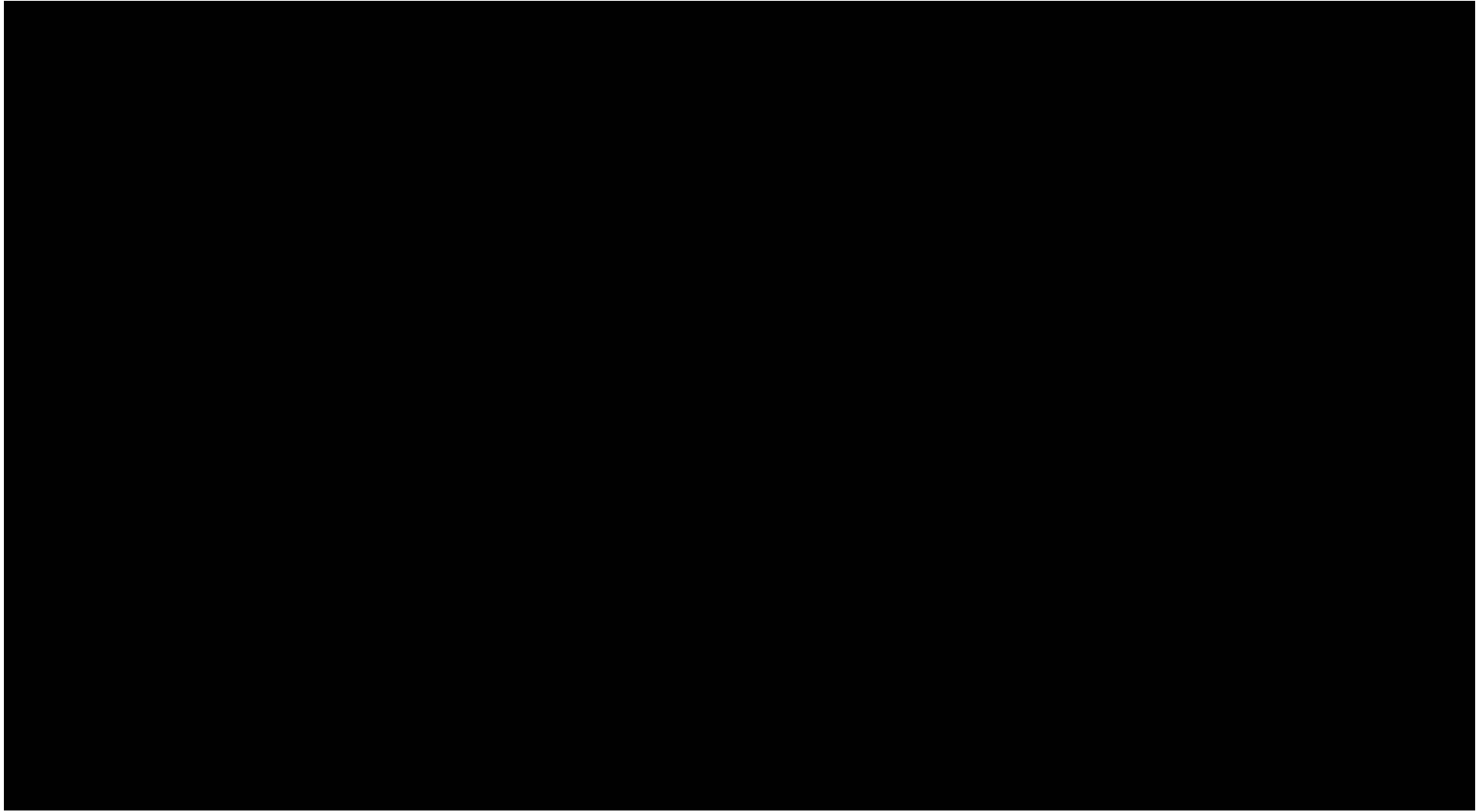
# Why Should We Consider Living Well?



Hearing loss can threaten a person's ability to live well.

Assisting patients to live well with their hearing loss is a reasonable and valid goal of audiological rehabilitation services for individuals with hearing loss and their communication partners.

# Living Well with Hearing Loss



# Discussion

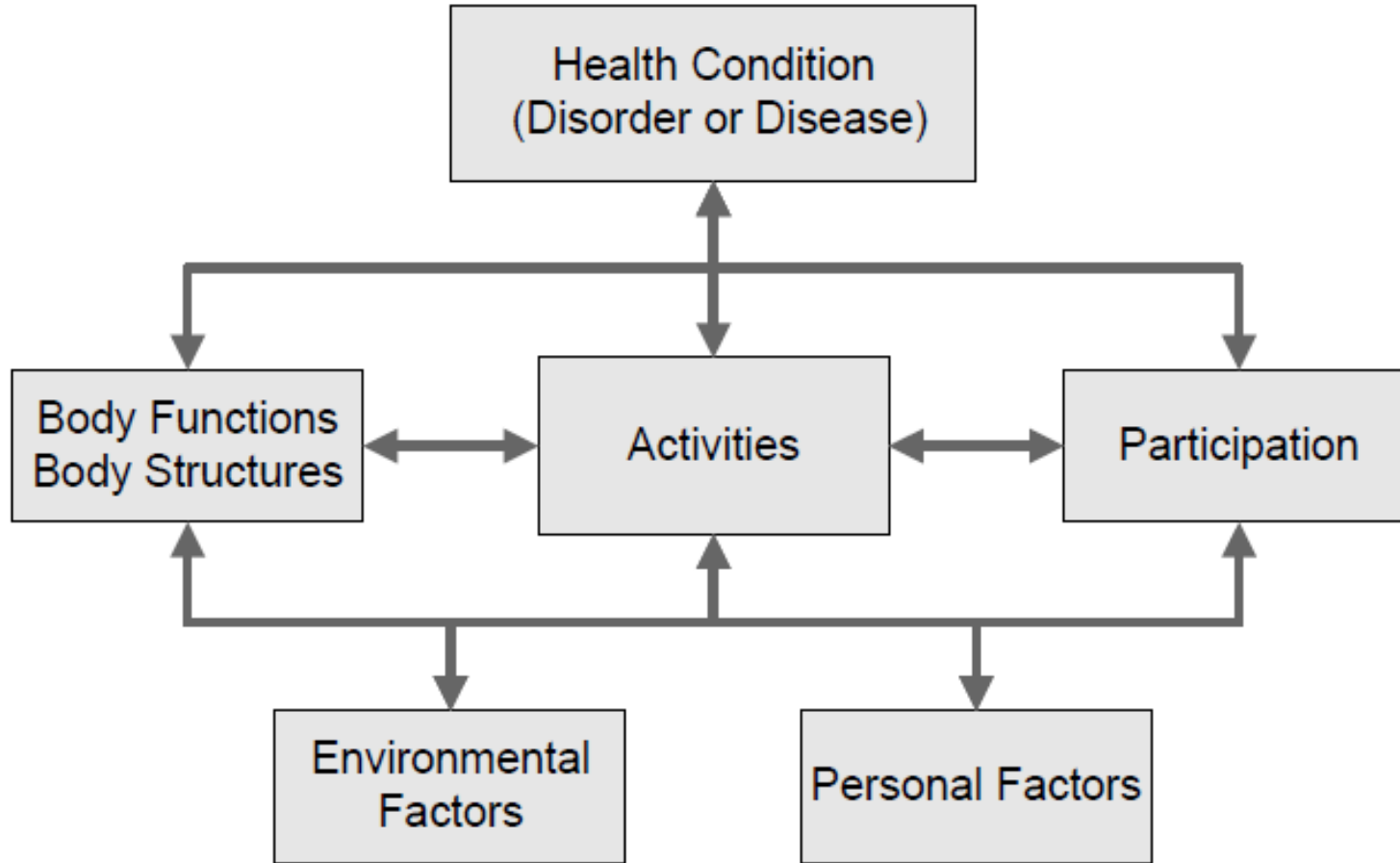


What does “living well” mean to John?

What does he do to live well with his hearing loss?



# WHO International Classification of Functioning: A Biopsychosocial Approach to Health



## ICF Focus:

- Body
- Person
- Society

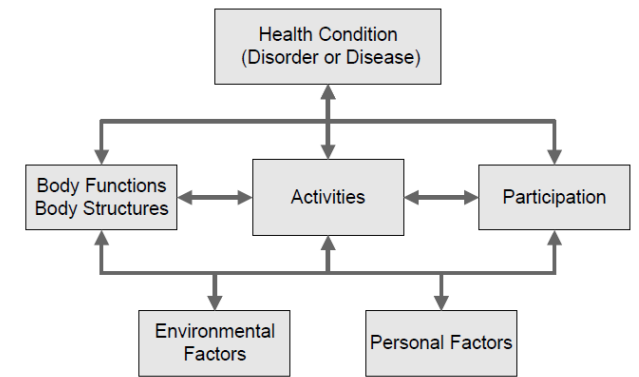
# Implications of the ICF for Audiology

Focus on participation and activities rather than impairment

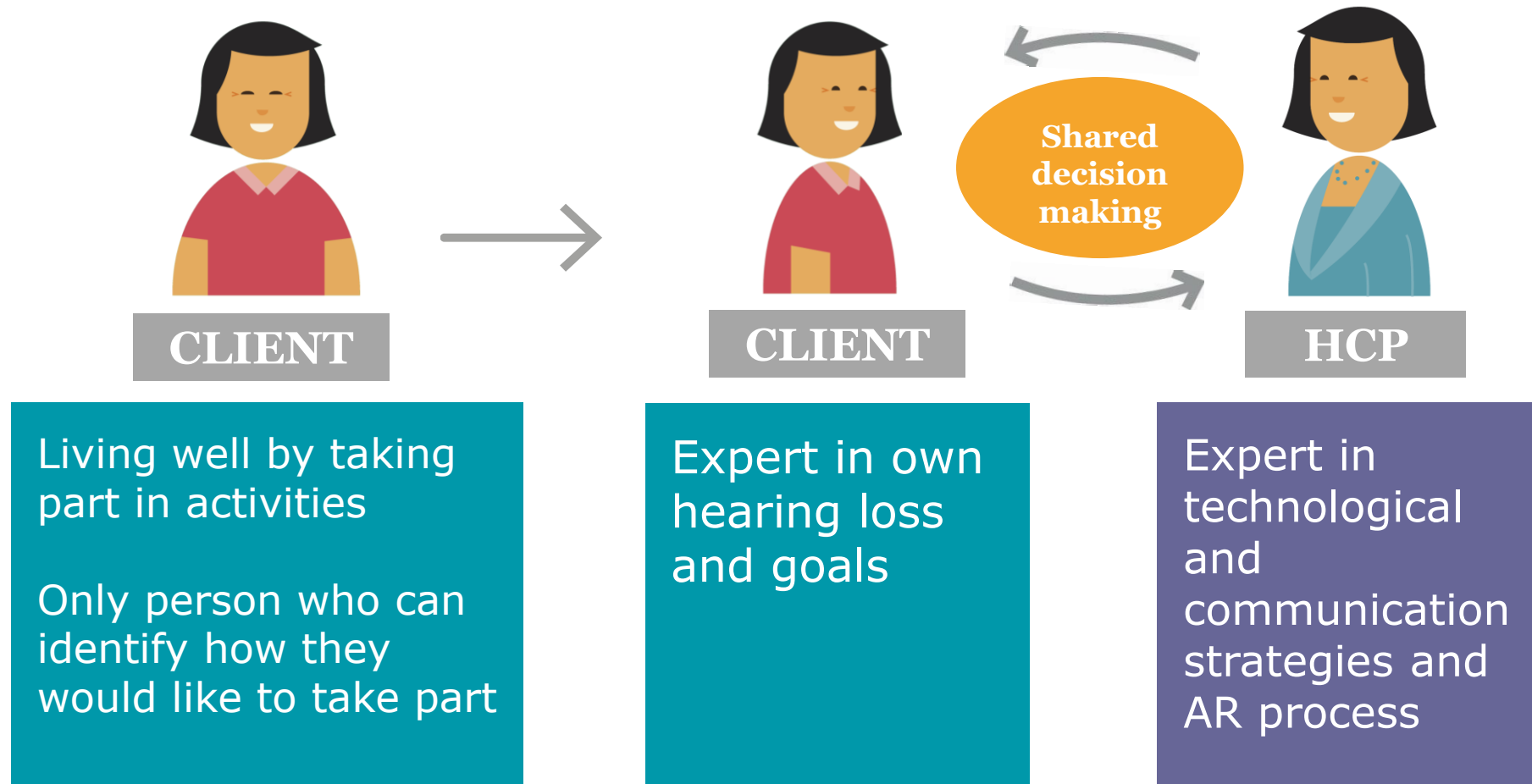
Living well means different things to different people

The person with hearing loss defines a successful outcome

Clinicians must involve the person with hearing loss in defining the problem and solution



# What Does It Imply to Help Clients Live Well with Hearing Loss?



# How to Do It? Living Well Tool

## The Living well **counseling tool**

enables the client to identify and share  
the **everyday communication situations**  
which are relevant and important to them.



# The Living Well Tool - Step by Step

## Step 1



Client selects important situations and tells HCP about them

## Step 2



Client rates each situation in terms of ease and importance

## Step 3



Client and HCP discuss strategies

## Step 4



Joint goal setting

# Phase 1: Selecting Situation Cards

Living Well comes with a series of photo cards depicting a range of different real-life situations.



# Phase 2: Rating in Terms of Ease and Importance

1. Client rates communication situations in terms of ease
2. Client ranks situations in order of importance



# Phase 3: Identifying Strategies and Exploring New Ways



Now you and the client can explore:

- Effective communication strategies used today
- New ways to use these in more challenging situations
- Devise new technological or communication strategies for challenging situations



# Possible Communication Strategies

Remind yourself of  
what you are doing  
well

Make sure the face  
and lips can be seen

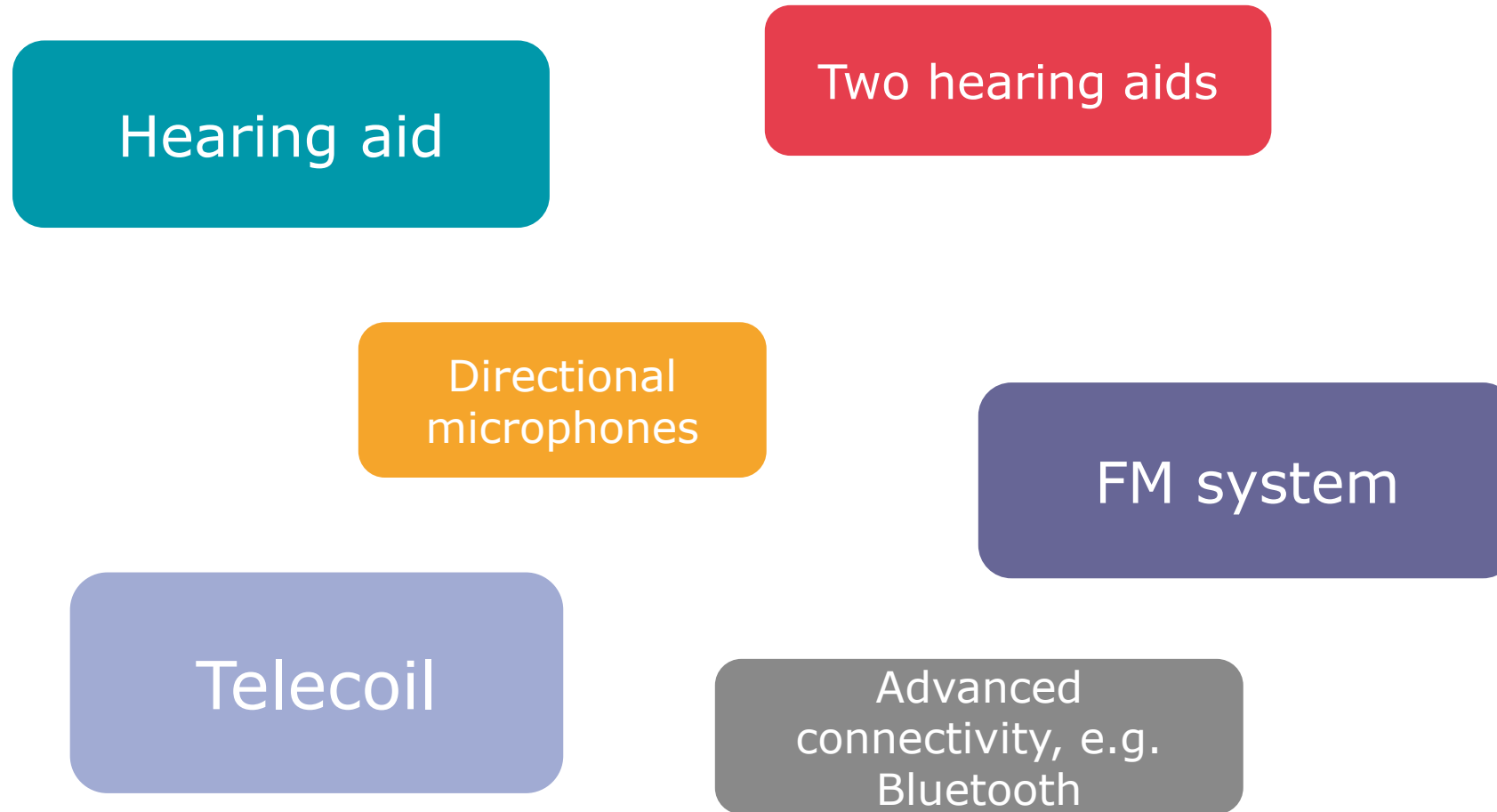
Organize your  
environment

Do not wait to ask for  
clarity, ask  
immediately

Acknowledge you  
have a hearing loss

Make a plan to hear  
better in a room

# Possible Technological Strategies



# The Problem Solving Process

## Steps in the problem solving process can include a discussion of:

- What is involved in the communication situation? Who, what, when, where, why?
- What are the sources of difficulty?
- What are some possible solutions?
- What information is necessary to apply the solutions?
- What practical skills are necessary to apply the solutions?



(Hickson, Worrall, & Scarinci, 2007)

# Phase 4: Documenting Decisions and Strategies

Now document the session describing:

- Which situation cards were selected
- How the client rated them in terms of ease and importance
- Which existing and new strategies were agreed upon
- Who else could help and what they could do
- What goals you decided upon
- What action should be taken by the client, the audiologist, or others

**LIVING WELL**

## DOCUMENTING THE SESSION FOR PATIENT AND CLINICIAN

1. List the Situation Cards chosen from most easy to least easy.

Situation	Set an "x" in the circle for traffic light rating	Describe the situation	What do you do to manage in this situation?
23	● ● ● ● ●	In metus nunc, dictum sed vehicula dignissim, vehicula at eros. Praesent commodo mollis tortor. Integer sem risus, Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae;	Phaetrea nec adipiscing eu, congue ut justo. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae;
8	● ● ● ● ●		
17	● ● ● ● ●		
5	● ● ● ● ●		
19	● ● ● ● ●		

2. What other strategies could you use?  
In metus nunc, dictum sed vehicula dignissim, vehicula at eros. Praesent commodo mollis tortor. Integer sem risus, phaetrea nec adipiscing eu, congue ut justo. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; Donec sagittis condimentum enim sed placerat. Mascenas viverra ipsum a elit adipiscing quis ultrices diam vulputate. Duis sagittis lorem quis erat suscipit aliquet.

3. Who else could help?  
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4. What could they do?  
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5. What goals did you agree upon?  
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6. What action should be taken by:  
The audiologist  
Others

7. What did you decide upon?  
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8. Other considerations  
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ida institute

# Living Well in Action



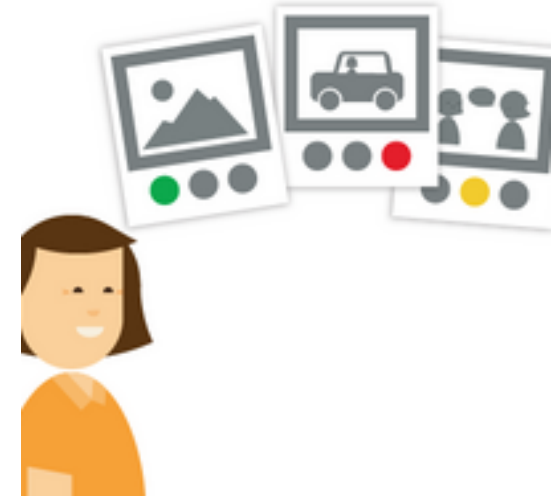
# Quick Version

Ask the client to look at the photos and check the box next to the communication situations they feel are relevant and important to them.

Talk to the client about each situation and how they manage today.

Discuss new strategies that can be implemented to improve their communication, set goals, and decide on a plan to achieve those goals.

You can use the Living Well documentation form to document the outcome of your conversation.



# Living Well Online

Situation

Choose or upload an image



Description

Write a sentence or two about the situation, for example, "I have difficulty hearing in restaurants due to background noise."

Rate your situation



EASY



MEDIUM



HARD

# Living Well Online

Strategy

Choose an idea to help you plan for difficult situations.

- Position yourself ▼
- Make a plan ahead of time ▲

Think about the communication situation ahead of time. Will there be a lot of background noise? Is there one person in particular you want to communicate with? Make a strategy for how you will manage the situation before you get there.
- Acknowledge you have a hearing loss ▼
- Do not bluff ▼
- Organize your environment ▼
- Ask for clarification ▼
- Analyze why you are experiencing difficulty ▼
- Write your own strategy in the box below

Describe your strategy

Write a sentence or two about your strategy



# Living Well Online

Who will help you

Check all that apply

Friend

Sibling

Spouse

Audiologist

Coworker

Other

Do you want to describe another situation or go to summary?

Add situation



# Research



Patient & Clinician experiences were overwhelmingly positive

Benefits of completing at home or in clinic

Use of photographs

# Advantages of the Living Well Tool

1. Can be applied both as clinical and a training tool
2. Use to include both client and their communication partner
3. Provides:
  - structure for conversation
  - joint goals for aural rehabilitation process
4. Positive and optimistic approach:  
Focuses on quality of life and increasing personal successes





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