

A Checklist for Individuals with Hearing Loss.

Over 50 competencies related to hearing and becoming the best you can be

Dealing with my hearing loss medically

- I understand the facts of my hearing loss (can “read” my audiogram)
- I can describe my hearing loss in specific terms (type, degree)
- I can discuss possible changes to my hearing with my hearing health professionals
- I see my ENT doctor on a yearly or biannual basis, as requested
- I have regular audiology appointments or mapping appointments for my cochlear implant, as needed

Dealing with amplification and technology

- I understand how my hearing devices (hearing aids or implants) work
- I understand the advantages and limitations of hearing aids
- I see my hearing aid acoustician as often as needed
- I know about the Assistive Listening Devices (ALDs) that can help me
- I know how my ALDs work
- I see my hearing technology (ALD) professional as needed
- I check in with my acoustician and/or audiologist for any new technology on the market
- I know how to activate the captions on my television and use them when necessary
- I make use of technology such as smartphones (e.g. texting, Skype, Bluetooth technology) or computers (email, Skype or other real-time video communication)

Developing a knowledge base

- I stay informed about issues related to hearing loss (blogs, websites, magazines)
- I belong to an organization(s) that supports individuals with hearing loss (CHIP, CHHA, CHS, HLAA, etc.)
- I know about strategies for dealing with challenging listening situations (lighting, distance, noise, etc.)
- I know about devices that can help in challenging listening situations (such as FM systems, Bluetooth technology, hearing loops, infrared systems, adapted telephones)

- I know which devices I am eligible for under Medicare
- I know about cochlear implants, even if I don't have one
- I know which professionals I can ask when I have questions or concerns
- I know if I am eligible to receive financial credits or compensation because of my hearing loss

Becoming my own advocate

- I eliminate background noise as much as possible in my home to help me use the hearing I have
- I am open to talking about my hearing loss and listening needs with my family and others
- I let unfamiliar people know I have a hearing loss when we start a conversation
- I ask people to repeat and rephrase when I don't understand
- I let people know what I need to improve understanding
- I practice strategies that work for me such as asking for written notes, asking for clarification
- I confirm numbers that arise in a conversation (is that 1-5 or 5-0?)
- I ask people to move to a better location with me if I need to for less noise, better lighting
- I choose restaurants/venues with better listening environments, if I can
- I arrive early at a meeting to get the best seating for me
- I prepare for stressful listening situations ahead of time as much as possible to minimize feeling isolated or overwhelmed (confirm the topic, ask a friend to clue me in, carry pencil/paper, talk 1 on 1 as much as possible, minimize bluffing)
- I choose group activities that are compatible with my level of hearing
- I know about interpreters (oral and sign language)
- I know about captions and use them at public events, such as movie theatres, and conferences, as needed
- I request and make use of ALDs at public events, such as lectures and conferences

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Safety

- I wear a medic alert ID or carry the “blue card” from the Canadian Hearing Society or CHIP, indicating my hearing loss
- I have a “broken ear” sticker on my Medicare card
- I have informed my physician, dentist, optometrist and others about my hearing loss and how best to communicate with me
- I have informed the fire department that I have a significant hearing loss
- I have the alerts that are helpful for me (flashing lights for door, phone, alarms)

Self-care

- I know that having a hearing loss is physically exhausting and take care of myself
- I try to get as much sleep as I can
- I have developed techniques to help me relax when I feel overwhelmed (meditation, deep breathing, etc.)
- If I am feeling the need for counseling, I seek out professionals until I find one who is a good match for me
- I have found ways to maintain my fitness and mobility despite my hearing loss
- I have friends with whom I can spend time when I need companionship
- I have hobbies and creative outlets that are satisfying to me

Making improvements

- I have taken or am taking classes to help me communicate better such as speechreading, signed English, American Sign Language (ASL)
- I participate/have participated in aural rehabilitation to learn to use my hearing aids or cochlear implant, as appropriate
- I practice my skills (e.g. watching TV without sound or repeating phrases in a mirror, practice listening with others or using a computer program/app, as appropriate for my hearing loss)
- I practice strategies to help me understand on the phone, in poor lighting or in noisy situations

Supporting others

- I am open to talking about my hearing loss when others question me
- I educate others about hearing loss in general
- I encourage those who are concerned about their hearing to seek help
- I share my experiences in groups
- I volunteer for an organization that supports those with hearing loss
- I informally support others with hearing loss



Hearing loops shut out background NOISE and allow you to focus on the sounds you want to hear!



Where?

At senior facility common areas, bank, pharmacy, check in & cashier counters, churches, chapels, lecture & concert halls, theatres, stadiums, classrooms, waiting rooms, cars, buses & trains...



Contact us today!



BETTER HEARING SOLUTIONS

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