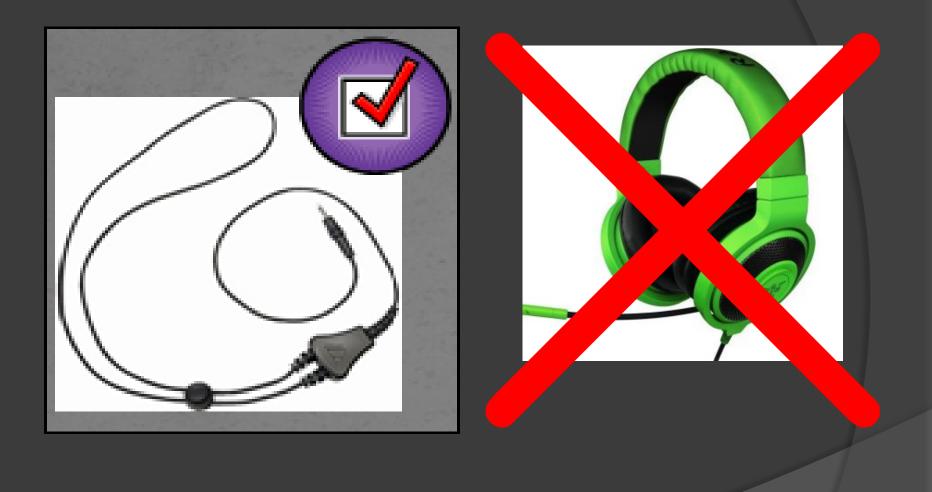
## What's So Hard About Hearing?

#### HUH?

Prepared for LLI Green Bay by Julie Olson MS, April 10, 2019







#### November 15 & 16 2019 in Appleton WI

#### **Featured Presentations:**

Tinnitus Hospital Management Assistive Technology Advocating for Support Cochlear Implants Cost: \$25/person, includes lunch, exhibits, technology demos, presentations, etc. Also, Friday evening reception social.

<u>www.hlaawi.org</u> <u>hlaafoxvalley@gmail.com</u>

Registration opens June 1<sup>st</sup>.

## Let's Get Some Facts!



Hearing loss affects more American Families, than any other condition.

60 % of Americans with hearing loss are likely to be in the workplace (18 – 70 years of age).

2% of children under age 18 have some degree of hearing loss.

## One third of people over age 65 have hearing problems.

75% of those who could benefit from hearing aids do not have them.



People of Deaf Culture often say their Deafness is a DIFFERENCE rather than a Disability.

An estimated 2 million Americans depend on manual communication. They are visible to the public.



## Most Hard of hearing people experience hearing loss as a DISABILITY.

Deaf ⇒

←Late deafened & oral deaf

#### 46,000,000 Americans are hard of hearing

Culturally Deaf = 600,000 Late deafened and/or oral deaf= 140,000

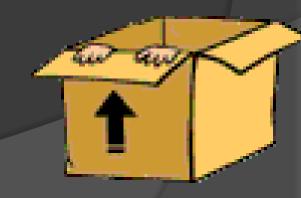
Total Population with Hearing Loss 48 Million

Data from Natl. Institutes of Health 2016

# Hard of Hearing People often say they feel INVISIBLE!

 Many people work very hard to hide their hearing loss.





□ You can't see their hearing loss.

They deny they have hearing loss.

They don't realize they have a hearing loss.

□ They won't self identify.

□ They won't self advocate.

#### They don't know how to help themselves.

They don't know what they are entitled to.

Other people don't know how to help them.

□ Other people minimize the condition.

## Some withdraw socially and 'just live with it.

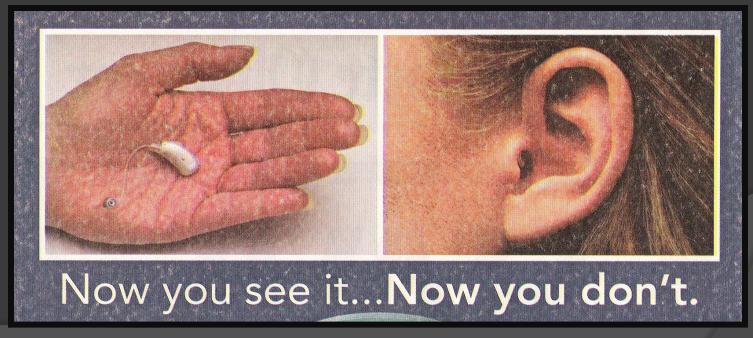
Some become reclusive, angry, lonely & depressed.

Recent research shows that people with untreated hearing loss have a greater risk of cognitive decline.\*

\* John's Hopkins Research Institute



## Marketing Denial & Stigma Invisibility is Marketed & Promoted by Manufacturers & Dispensing Professionals



#### Come to and see one of the WORLD'S SMALLEST Hearing Aids

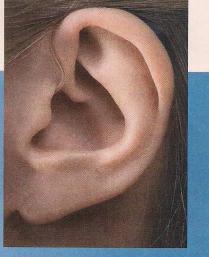
See this revolutionary hearing device for yourself!



WED

TUE

MON



So tiny, it's nearly invisible!

Why let a hearing loss embarrass you any more! The revolutionary Blulink is so discreet, most people will not even know you are wearing it. Call this week and we'll give you a personal, private demonstration. Hear for yourself the amazing difference. You'll hear things you haven't heard in years!

FRI

THU

#### **Myths Create Confusion**

□ Lip reading works well for everyone.

□ Sign language is a universal solution.

□ Hearing aids correct hearing loss.

□ We can hear when we want to.

□ Hearing loss is not a 'big deal'.

Only old people have hearing loss.

People with HL are intellectually challenged.

□ Shouting at a person with HL will help.

People with HL are rude & pushy.

My hearing is my problem; not anyone else's.

□ My kind of hearing loss can't be helped.

Why won't people get hearing aids?

- Stigma Issues
- Faulty Information from Others
- On't think they have hearing loss!
- Associate hearing loss with Aging.
   COST \$\$\$\$ !!!!
  - Insurance rarely covers them!
  - Medicare does NOT cover them!

#### The Defeating Behaviors of Stigma and Denial

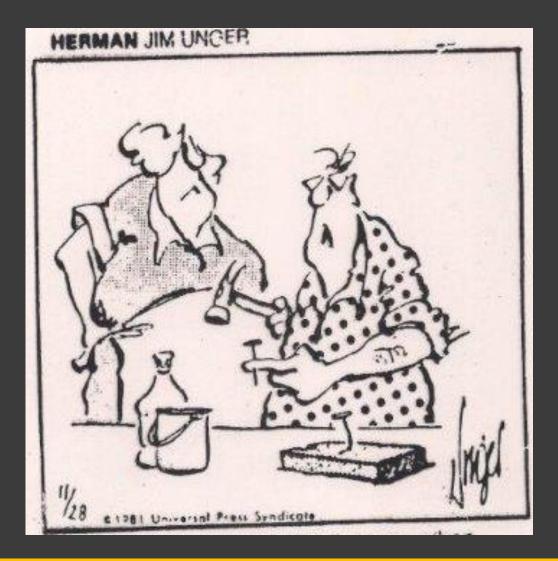
Bluffing Fatigue **Embarrassment Refuses to self identify** Self imposed isolation **Blaming** Dependency

#### Some Signs of Hearing Loss

- Asks to have things repeated often
- Plays audio devices too loudly
- Has trouble in noisy environments
- May speak too loudly or too softly

# Complains that people mumble!





"I wish you wouldn't talk to me when I'm nailing!" Cannot listen and concentrate on something else at the same time.



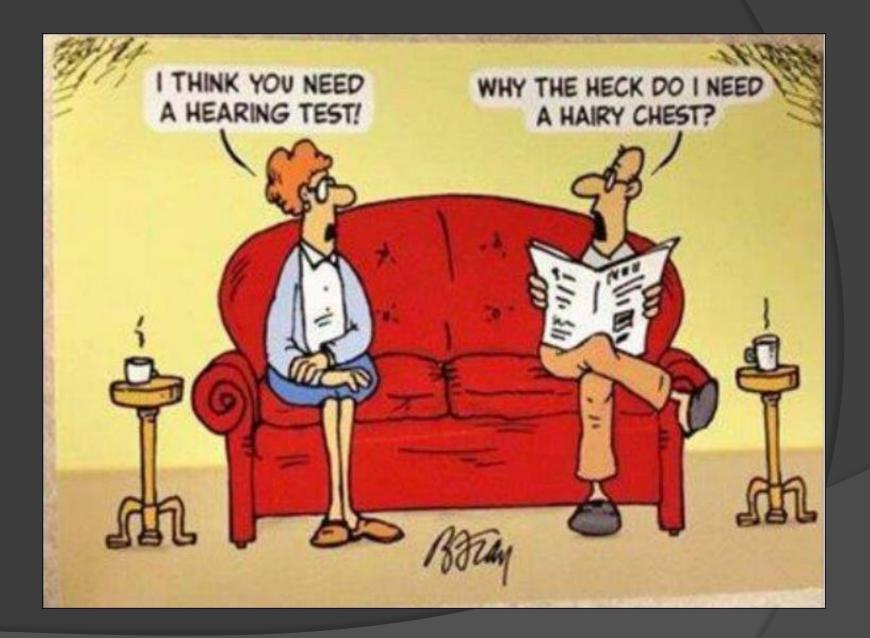
Has trouble understanding across barriers.

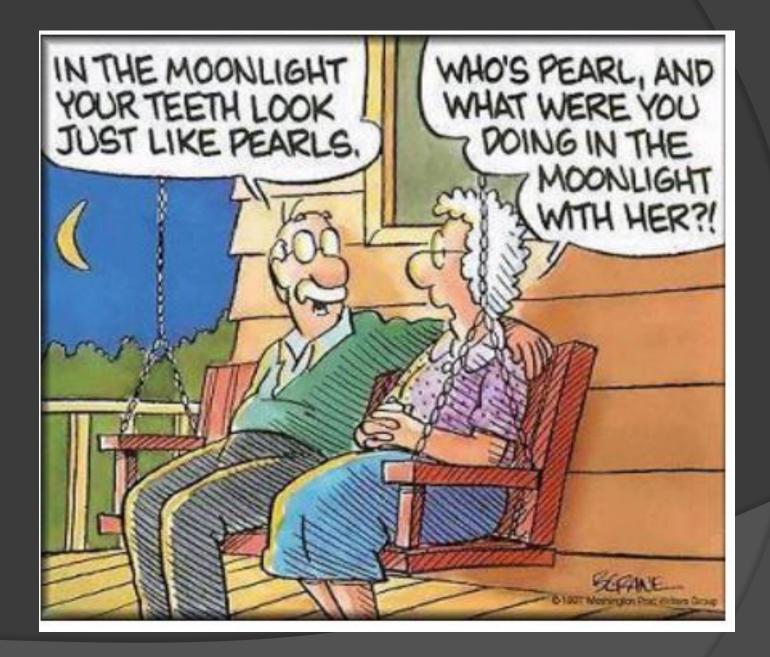
- "What was that?" or "Huh?" spoken often.
- Misunderstands numbers or words that are unfamiliar

Intense facial expression

Out of context responses in conversation are frequent.

This can lead to misunderstandings in relationships.





#### Here's what's happening...

# The consonants are the problem. Vowels are easier to hear.

#### \_ U \_ \_ E

## Here it is with only Consonants:

P\_RPL\_

#### This one is harder:

# A 4 syllable word with a hint.



Ε



Theme used by: Heather Whitestone Miss America 1996 "Nothing is...

\_MP\_SS\_BL\_!"



#### **Busting Myths About Hearing Loss**

#### Hearing Aids 'correct' hearing loss.

Most people with hearing loss can get by with sign language.

Hard of hearing people have 'selective hearing'. (They can hear when they want to!)

# Nothing can be done for 'nerve deafness'.

#### If I talk loud enough a person with hearing loss will hear me.

Only people with severe hearing loss need hearing aids.



#### Lip Reading works for everyone.

- First, let's call it "SPEECHREADING"
- There are predictable confusions.
- P, B, & M are examples.

Pat, Bat, Mat Mother/Brother Married/Buried

#### FACT:

It's not unusual for a hard of hearing person to have up to a 5 second delay in processing the answer to a simple 'yes and no' question.



A hard of hearing person expends three times as much energy in a listening environment than a person with normal hearing.



# This creates fatigue that is often misunderstood.

# How to HELP a Person with Hearing Loss...

## Talk to the person with hearing loss; not around them.



Shouting Doesn't Work! People with hearing loss have to see you to hear you well.

Choose a quiet setting.

Good lighting.

Visuals help.



Get their attention before speaking!



## Hearing Aids 101 What you should know before you buy

Think like a "consumer"!

#### Where Do I Start?

- Medical Doctor
- Hearing Instrument Specialist
- Audiologist
- Friends with hearing aids
- HLAA

HLAA empowers PEOPLE with hearing loss!

By Sharing Information By Educating By Advocating By Providing Peer Support



#### **Does size matter?**

#### **CIC** - Completely in the Canal.

#### ITC – In the Canal

#### **BTE – Behind the Ear**

#### What About 'Big Box' Providers?

What About Over the Counter Hearing Aids?

What About Trial Periods?

What About Insurance?

Are there options I should know?

### Major Options & Trade-offs Insist on these 2 options:

 A Manual Volume Control
 An activated TELECOIL\* (T-Coil)

\*A telecoil doubles the value of a hearing aid!

#### Neck Loop = Headphones





# A Neck Loop can connect you to a variety of audio devices.

#### **Know Your Rights!**

Communication Access is a 'right' under the American's with Disabilities Act!

It's not about what is said... It's about what is understood.

#### However.....

To receive accommodations, you must ask for it in advance, & know what to ask for.



# Assistive Technology Captioning

- Special Seating
- Note Taking

### Hearing Assistive Technology (HAT)

Is available in many theaters, churches, meeting rooms, auditoriums, etc.

### Look for this sign.

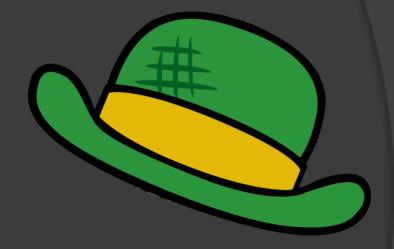


#### Hearing Assistive Technology for Large Rooms

**Hearing Loop** 

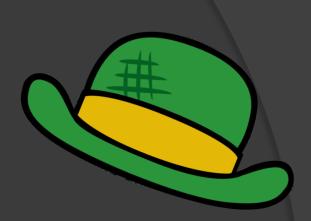
#### **FM System**

**Infrared System** 



#### HAT for Personal Use:





Places with Background Noise Restaurants Social Gatherings Riding in the Car

### **Something Special!!**

### **Speech to Text Technology**

### 

[Assigning CA] [Connected with CA #40] [Dialing to 7771234567] [Call connected] >> Hi, Sara! >> I'm doing great! I've discovered this new mobile phone app that allows me to make a phone call just like anybody else! >> Yes, I read and hear you loud and clear!

#### The sun is shining, it's a lovely day







#### Learn how to advocate for it.

#### Use It!

#### **ASK FOR IT!**





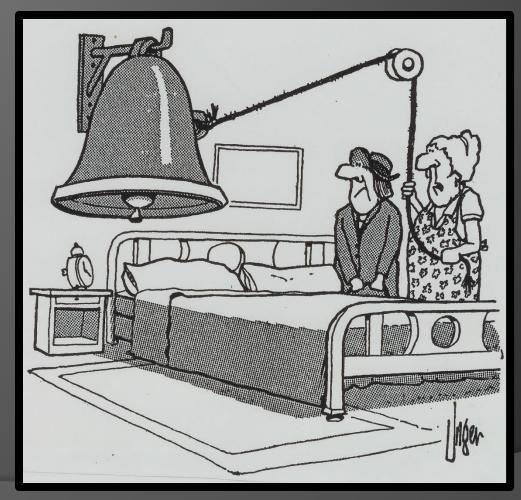
Ask for communication access when you need it.

Use hearing assistive technology that goes beyond hearing aids. Let it SHOW!

Be open to using whatever works well for you and for others.



# Our hearing loss affects others...



"You can't believe how difficult it is to get him to wake up in the morning!" Become a student of your disability so you can talk about it comfortably.

Know what you need so you can respectfully ask others to include you in difficult situations.

Don't stop doing things you have always enjoyed. Find a way!

### For people with profound hearing loss, cochlear Implants may be the answer!





### You can overcome the barriers that hearing loss presents.

## Knowledge is POWER! Learn how to help yourself!



Others will help you, IF you can tell them how.

### "The best way to solve a problem....

# Is to become a part of the solution!"

Howard E. "Rocky" Stone, Founder of HLAA



Sharing Unbiased Information! Providing Peer Support! Providing an Educational Forum! Advocates for All of Us!

## Thank you for the opportunity to present this program.





Julie Metternich Olson MS Hearing Loss Support Specialist Hearing Loss Assn. of America

julieo@athenet.net





#### November 15 & 16 2019 in Appleton WI

#### **Featured Presentations:**

Tinnitus Hospital Management Assistive Technology Advocating for Support Cochlear Implants Cost: \$25/person, includes lunch, exhibits, technology demos, presentations, etc. Also, Friday evening reception social.

www.hlaawi.org hlaafoxvalley@gmail.com

Registration opens June 1<sup>st</sup>.