

FACTS ABOUT HEARING LOSS AND HEARING AIDS



If you have any questions/comments, or need any help, feel free to contact us:

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(Except on Central Govt. Holidays)

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A CHILD WITH HEARING IMPAIRMENT IN THE CLASSROOM

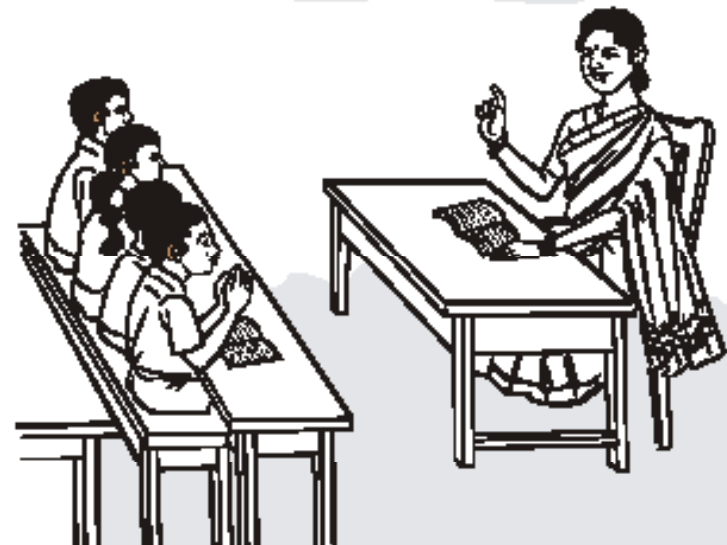
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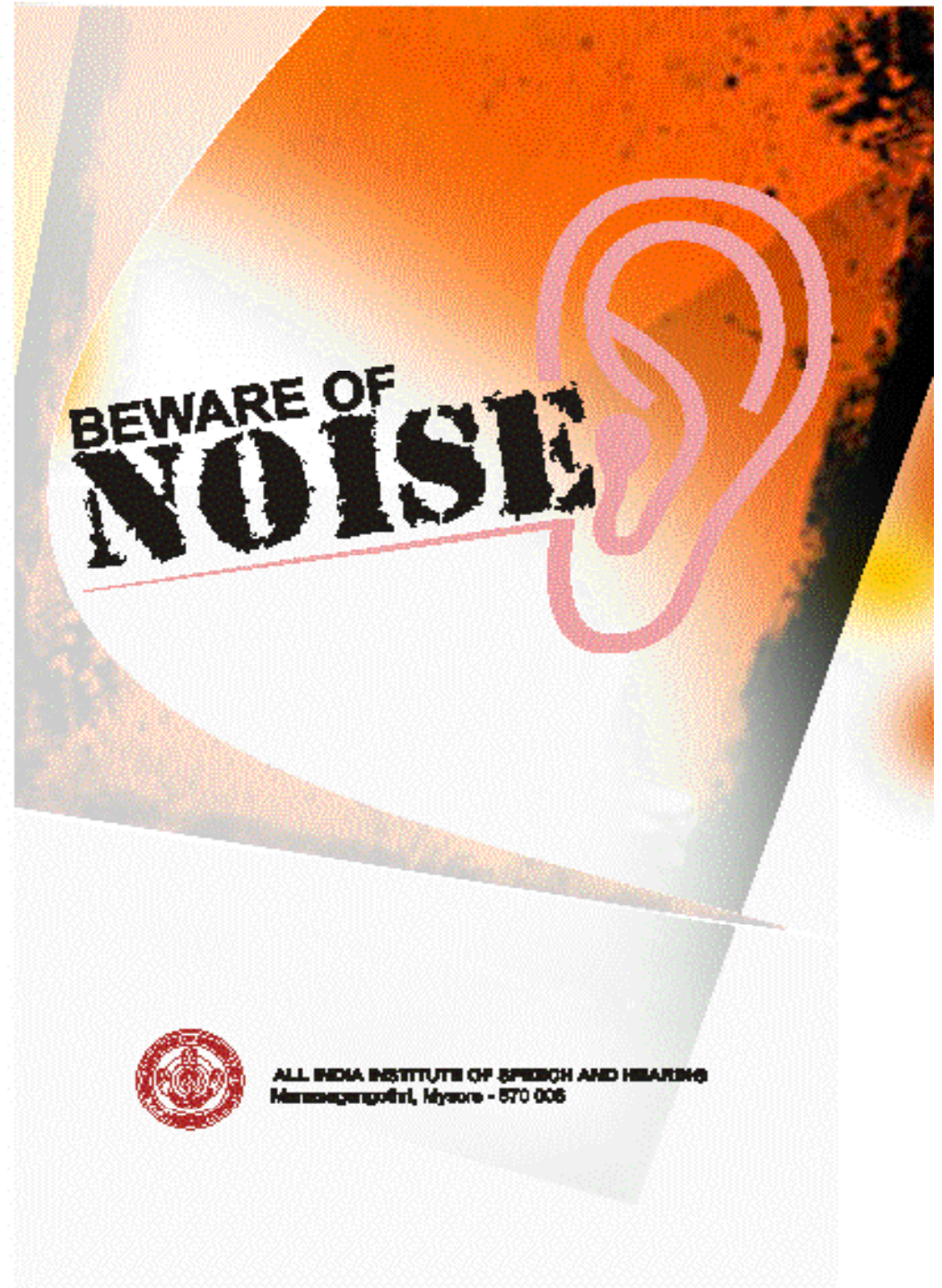
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• Counseling



People with tinnitus may become depressed. Talking with a counselor or audiologist will be helpful.

What can I do to help myself?

1. Learn to ignore your tinnitus
2. Listening to music/recorded nature sounds may be useful
3. Avoid exposure to loud noise
4. If you are exposed to noise at home or at work, wear protective devices like ear plugs or ear muffs to protect your hearing
5. Avoid substances that may make your tinnitus worse:
 - a. Alcohol
 - b. Tobacco
 - c. Caffeine (coffee/tea)



6. Learn to relax
7. Keep your mind occupied with work or hobbies
8. Maintain a good sleeping pattern

8. Exercise regularly



1. Avoid doing things that make you very tired
2. If you find it difficult to understand what people are saying, ask them to face you when they speak, so you can see their faces. Seeing their expressions and lip movements might help you
3. Ask people to talk louder and more clearly, but not shout.

Consult an audiologist or an ENT specialist for help. They can help you choose the best way to overcome tinnitus.

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TINNITUS

RINGING IN THE EARS



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5. Get your hearing aid serviced periodically



Have a trained professional or a factory representative service your hearing aid every year. Do not try to repair any broken switches or electronic faults yourself. Also, get the performance of your hearing aid evaluated once a year.

6. Warranty

Every hearing aid has a warranty. Please check on this from the hearing aid dispenser.

7. Cell Phones

Some hearing aids do not work well with cell phones. You may hear a buzzing or ringing sound when you try to use your cell phone with your hearing aid. It would be a good idea to take your cell phone along when you get your hearing tested. You should also wear your hearing aid when you choose a new cell phone. Some cell phones have add-on features/ devices that make them compatible with hearing aids. Ask about these features before you buy a new handset.

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FOR THE PERSON USING A HEARING AID



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6. **Varied listening situations:** Make a gradual progression from easy to difficult listening situations. Try conversing with small groups of 2 to 3 persons, preferably family members. Concentrate on the speaker, and stay within 6 feet of the group members. Gradually, expose yourself to varied listening situations. Try listening to the TV or radio at the volume level that is normal for your family.
7. **Localize sounds:** Make a conscious effort to identify the direction from which you hear a particular sound. You might find this difficult, especially if you wear only one hearing aid. If you use hearing aids on both ears, you may be able to localize sounds better. However, the ability to localize sounds depends on several factors such as the hearing ability of each ear and the difference in sound arriving at the ears. Hence, hearing aids may limit your localization abilities. You can try to overcome this limitation with sufficient practice. For example, if you hear a dog bark, try to find out where the dog is barking from, just by listening. At traffic intersections, try to identify the direction from which a bus or a car is coming. Be visually alert of traffic from different directions rather than depending on your localizing ability, especially if you are wearing only one hearing aid.
8. **Difficult listening situations:** At a party, in a railway station or at a marketplace, you may find that the high level of noise interferes with your ability to listen. In such cases, position yourself close to the speaker so that their lip movements are visible to you. In busy and noisy restaurants, choose a quiet table in a corner of the restaurant rather than one at the center or close to the kitchen. Similarly, at auditoriums and theaters, avoid sitting close to walls, pillars, loudspeakers, or under the balcony. Do not choose corner seats as both visibility and audibility would be poor.

Though hearing aids cannot fully compensate for a hearing loss, with experience, you will appreciate the benefit provided by your hearing aid. With practice, you can overcome the limitations of your hearing aid, and can look forward to many years of good listening.

ADJUSTING TO AMPLIFICATION

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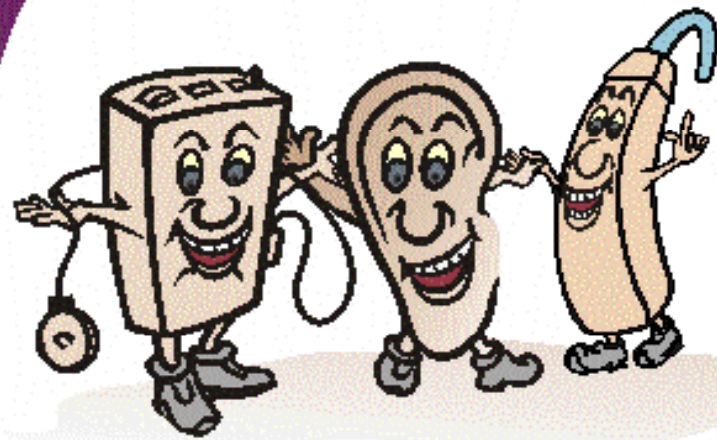
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Getting to know your hearing aid



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- Earmolds have to be made from impressions taken of the user's ears. Facilities that offer these services aren't always easily accessible, so the loss or breakage of the earmold must be strictly guarded against. All acids react with the material of the earmolds, so keep the mold away from acids.
- Take care that children do not put mud or sticks into the earmold for fun.
- In children, the canal shape and size changes as they grow. So it is necessary to have new earmolds made periodically. As canal shape and size change even in old age due to shrinkage, even geriatric hearing aid users need to have their earmolds remade.

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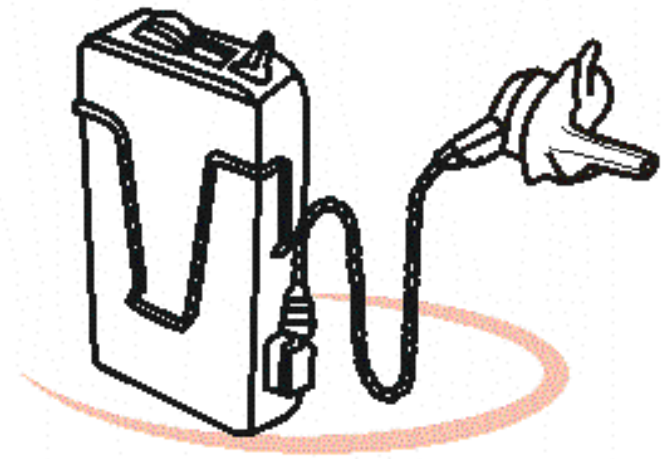
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Body level HEARING AID CARE



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14. There are other devices called Assistive Listening Devices (ALDs), such as TV listening devices, special alarm clocks and telephone amplifiers.



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Some tips for families
with persons
using hearing aids



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This would only further increase the damage. Turn the hearing aid off, remove the batteries and keep the compartment door open. Dry the hearing aid thoroughly with a soft, dry cloth immediately.

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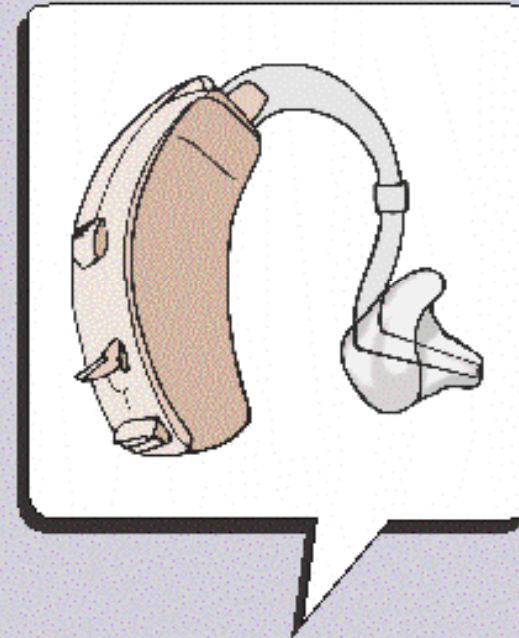
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USE AND CARE OF BEHIND-THE-EAR HEARING AIDS



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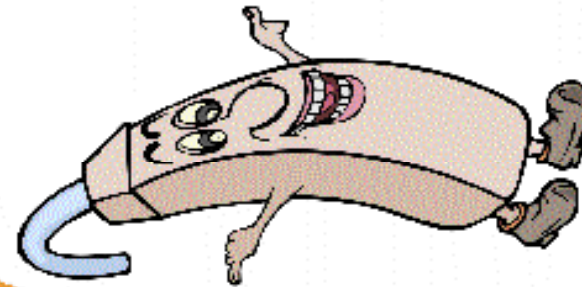
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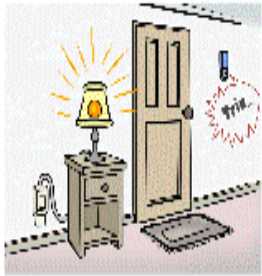
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**GETTING TO KNOW YOUR
DIGITAL HEARING AID**



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doorbell may be connected to the telephone. So, whenever the phone rings, the light flashes. In such cases, the flashing of the light is coded in order to tell the difference between the telephone ring and the doorbell (ex: 5 flashes for the doorbell, 1 flash for every time the phone rings, etc). Some other alerting systems have a vibrator which can be worn around the wrist.

c. Smoke alarms:

Most of these alarms are extremely loud, and can be heard even by most individuals with hearing impairment. However, those with profound hearing loss may not be able to hear even this loud sound. Smoke alarms and fire alarms can be made specially for individuals with hearing impairment. These have extra-loud alarm signals, and a flashing light to alert the person in case of an emergency.

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Assistive Listening Devices

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8. Remove visual distractions



Speaking with objects (like pen, beard, cigar, pipe, chewing gum, etc) in the mouth results in poor understanding of speech. Politely ask the speaker to speak after removing the object from their mouth.

9. Pointing to subject matter



The speaker can be asked to point to a related object/ refer to a picture about which he/she is talking.

10. Writing



Use this only if other strategies fail. Use writing to get directions, numbers, names, appointment times, dates, bus/train timings, etc. Carry writing material with you. Keep the written message short and to-the-point.

11. Sign language/gestures/finger spelling



If you use any of the above in order to communicate, ask the speaker if they know sign language or finger spelling, and explain that signing would help you understand better. You can also ask the speaker to use gestures.



Initially, use the strategies mentioned first. If those fail, use the later ones. Any strategy that aids in better and faster communication should be chosen. Remember:

- Be honest about your hearing loss
- Be positive about asking for help
- Keep the communication flowing

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**TIPS FOR BETTER
COMMUNICATION**



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Correcting Simple Problems of Body-Level Hearing Aids



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Correcting Speech Problems of Deaf - The Best With Hearing Aids



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