

Information on Hearing Loss and Hearing Treatment



A Presentation to Seattle-King County Aging & Disability Service

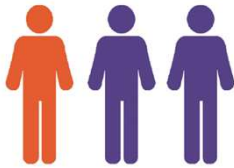
Cheri Perazzoli & Diana Thompson



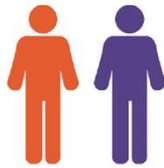
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Hearing Loss Increases With Age

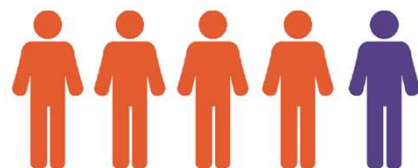
3rd most common chronic health condition



ONE IN THREE
people age
65 to 75



ONE IN TWO
people age
75 and older



FOUR IN FIVE
people age
above 80



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What Hearing Loss Sounds Like

**“Take two pills three times a day
and make a follow-up
appointment to see me in six
weeks.”**



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Daily Challenges With Hearing Loss



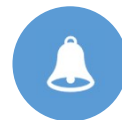
CONVERSATIONS



TELEPHONE



TV



DOORBELL



ALARMS



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Emotional Toll of Hearing Loss

STIGMA

- Shame
- Embarrassment
- Lowered self-esteem

FEAR

- Social interactions
- Losing relationships
- Personal safety



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Health Impacts

- Linked to multiple chronic conditions
- Cognitive decline and dementia
- Depression, loneliness, social isolation
- Falls, balance problems



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Know the signs of hearing loss

- complains everyone mumbles
- others think the TV is too loud
- difficulty understanding conversations
- difficulty hearing on the phone
- monopolizing the conversation
- withdrawal from conversation and social activity

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How to Talk to People With Hearing Loss

Please Face Me!

- Get the listener's attention
- Face directly and make eye contact
- Choose quiet, well-lit settings
- Don't shout, cover your mouth, chew
- Be patient, rephrase if not understood
- Use whiteboard, pen and paper, infographics
- Use a microphone



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Tips for People With Hearing Loss



- Don't **BLUFF** — admit you don't understand
- Pay attention — look for visual cues
- Sit close to the speaker, ask that they use a microphone
- Choose a quiet well-lit location
- Request written clues if needed



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Personal Technologies and Resources



- Positive impact of wearing hearing aids
- OTC hearing aids
- Smartphone apps
- Assistive listening devices and systems
- WA State agency services
- HLAA-WA



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The Positive Impact of Hearing Aids

- Reduced risk and/or severity of dementia
- Reduced fall-related injury
- Lower risk of isolation and depression
- Higher earning capacity
- For children, improved learning and social development
- For families and friends, improved communication and emotional relief



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Over-the-Counter Hearing Aids (OTC)

- Lower price point, no prescription required
- For adults with perceived mild to moderate hearing loss
- A diagnostic hearing test by an audiologist is recommended
- May need a smartphone
- Read the fine print for the return policy and warranty
- Look for a telecoil feature



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Financial Assistance for Hearing Aids

Washington State:

- 2023 legislation requires some group health insurance coverage
- Fully covers hearing aids for people on Medicaid
- State and school employee benefit programs cover hearing aids

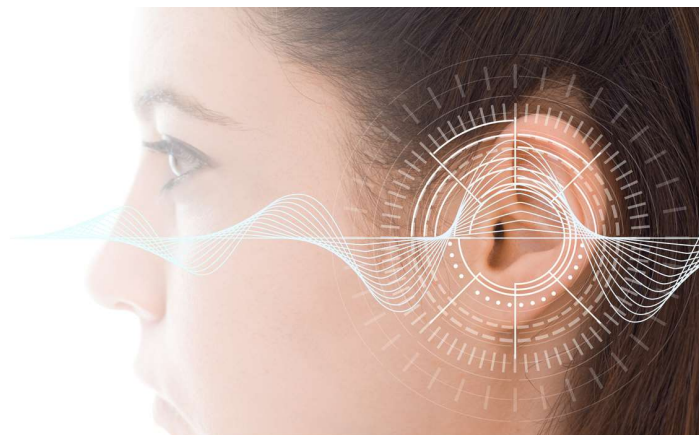
Many Medicare Advantage Plans provide some assistance (Kaiser, Blue Cross, United Health Care)

HLAA-WA website dedicated page for financial assistance options




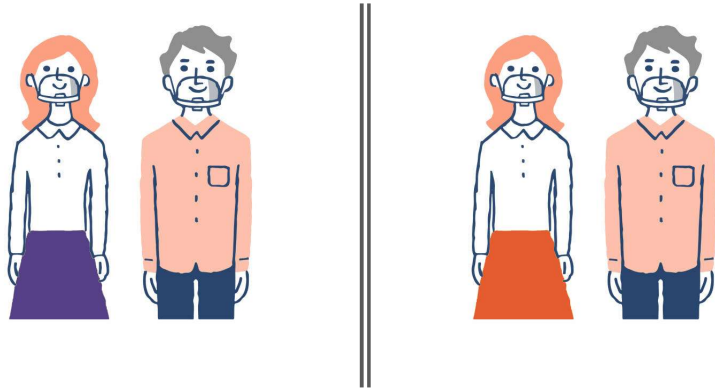
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Hearing Well Takes More Than Hearing Aids




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CLEAR FACE MASKS



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Smartphone or Tablet Captioning Apps

- Ava
- Google Live Transcribe
- Apple Captions (BETA)
- Live Caption

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Assistive Listening Device



Pocketalker, personal amplifier
can be used with or without hearing aids

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Assistive Listening Systems

Hearing Loops — No additional equipment is needed for people with telecoil-enabled hearing instruments.

FM, radio frequency — Everyone needs a receiver and connector.*

Infrared (IR), light — Everyone needs a receiver and connector.*

***Hearing Aid Compatibility (HAC) via neckloop**
A neckloop connects a receiver to a hearing instrument.



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Hearing Loss Equipment and Services

Office of Deaf and Hard of Hearing (ODHH)

- Assistive Communication Technology (ACT) Program
- Communication Access Real-Time Translation (CART)
- Telecommunication Equipment Distribution (TED) Program
- Washington Assistive Technology Act Program (WATAP)
- Washington Relay and RCC

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www.hearingloss-wa.org

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