

Adult Auditory Rehabilitation (AR)

Auditory rehabilitation (AR) services help adults living with hearing loss. AR can help you make the best use of hearing aids or cochlear implants, explore hearing assistive technology, and improve conversations. Services can be individual and/or in a small group.

Topics Covered in AR

- **Your hearing loss:** It is important to understand your hearing loss. By better understanding your hearing loss, you can learn why:
You think people are mumbling.
You *hear* but cannot *understand*.
You have difficulty with high-pitched voices.
- **Your family's understanding of your hearing loss:** Your family does not know how you hear. What they do know is that you do not hear well! Sometimes, the audiologist will play a recording that simulates your hearing loss so that your family has a better understanding of your hearing.
- **Your hearing aid or cochlear implant:** It is important that you understand what your hearing aid or cochlear implant can and cannot do. Your audiologist will review how to use and take care of your device. You will receive a lot of information. Then, as you use your device, you will have questions. Keep a list of questions to share with your audiologist later.

This review also helps family members understand that you and your audiologist chose the device based on *your* needs. Well-meaning family members and friends may bring you ads for other devices or may talk about friends who have “better” devices. The review can help family and friends understand that *your device was chosen to meet your needs*.

- **Learning to listen again:** When we listen, we use our hearing to get meaning from sounds. Listening training may be helpful even if you don't have a hearing aid or cochlear implant. If you do have a new device, your world will be full of sounds you may not have heard for a while. Through training and practice, you may improve your listening.
- **Hearing assistive technology (HAT):** A hearing aid or cochlear implant won't help you hear well from a distance, and it won't help you hear when you are not wearing your device. For example, you may need extra help when you're listening in a theater or when you're sleeping. Many HAT devices can help. There are large-room listening systems, TV listening devices, and extra-loud or flashing smoke alarms. You can learn about these devices and decide which ones might be helpful for you.
- **Using visual clues:** Everyone uses their eyes to get clues about what people are saying—their mood, their interest in the conversation. Because of your hearing loss, you may use your eyes even more to make up for what you cannot hear.

Lipreading allows you to see sounds on the lips. You can also get helpful information from other visual clues like facial expression, gestures, and body language.

Speechreading training offers information on how speech sounds are made, sounds that look alike on the lips, and other visual clues that can help you understand.

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Listening Tips

Improving conversation: Ask people to get your attention and to face you when speaking. Let them know that you'll hear better if they don't shout and if they slow down when talking. If they repeat it and you still don't hear it, ask them to say it in a different way.

Arranging your home: You may want to think about changes at home. You might change the room lighting or move furniture so you can better see others talking. Maybe you'll want to get some alerting devices—like extra-loud or flashing doorbells or smoke alarms.

Dealing with noise outside the home: There are some ways that you can limit the impact of noise. For example, in a noisy restaurant, request a table far away from the kitchen. Seat yourself directly in front of your dining companion.

Your legal rights: Laws such as the Americans With Disabilities Act provide accommodations for people with hearing loss in the workplace and in public meeting places like hospitals, courtrooms, and places of worship.

Notes:

For more information and to view the entire Audiology Information Series library, visit www.asha.org/aud/pei/.

Support groups: You're not the only one with a hearing loss. Joining a support group will give you the opportunity to learn from others' experiences.

There are national support groups for adults with hearing loss. The following groups also have local chapters in various areas around the United States:

Association of Late-Deafened Adults

8038 MacIntosh Lane, Suite 2

Rockford, IL 61107-5336

Phone: 815-332-1515 (Voice/TTY)

www.alda.org

Hearing Loss Association of America

6116 Executive Boulevard

Suite 320

Rockville, MD 20852

Phone: 301-657-2248 (Voice/TTY)

www.hearingloss.org

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For more information about balance problems, preventing falls, hearing loss, hearing aids, or referral to an ASHA-certified audiologist, contact:



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