

Northfield Senior Center

HEARING HEALTHCARE

Julie Fisher, Au.D., CCC-A

**Audiologist Baystate Rehabilitation Services
Baystate Franklin Medical Center**



**Baystate
Health**

**ADVANCING CARE.
ENHANCING LIVES.**

HEARING HEALTHCARE



Julie Fisher, Au.D., CCC-A
Audiologist
and
Katie Garrity, M.S.
Graduate Clinician

Did You Know???..

- 48 Million Americans have some degree of hearing loss
- Hearing loss is the third leading chronic illness following arthritis and hypertension
- Hearing loss may DOUBLE by 2060 in the United States
- Some degree of hearing loss is seen in:
 - ~30% of adults over 65 years
 - ~50% of adults over 75 years

What Causes Hearing Loss?

- Age
- Loud Noise
- Genetic Factors
- Ototoxic Medications
- Diseases (autoimmune, otosclerosis, meningitis, Meniere's, viruses, tumors)
- Head Trauma and Acoustic Trauma

Related Health Conditions

- Ear Infections and Middle Ear Fluid
- Dementia/Memory Loss Diseases-Hearing loss is linked to cognitive decline in aging adults
- Depression-Individuals with untreated hearing loss are at higher risk
- Hypertension-Strong correlation
- Diabetes-Studies show those with diabetes are twice as likely to have hearing loss than those without diabetes

Do You Have a Hearing Problem?



Do You.....

- Feel like you can hear, but not understand?
- Often ask people to repeat?
- Have family members who complain that you do not hear well?
- Play the TV louder than others?
- Hear better when you are looking at people?
- Avoid certain social situations like restaurants and groups because you can't hear?
- Hear ringing, buzzing, humming noises?

How is Hearing Loss Diagnosed?

- Talk to your Doctor
 - Rule out wax/medical conditions
- See an Audiologist
 - Minimum of a Masters or Doctoral degree
 - State licensure
 - National certification
 - Mandatory continuing education



TYPES OF HEARING LOSS

- **SENSORINEURAL HEARING LOSS:**
Most common hearing loss in adults, permanent damage to inner ear hair cells or auditory nerve
- **CONDUCTIVE HEARING LOSS:** Caused by a mechanical problem of the outer or middle ear or obstruction. Often can be treated medically/surgically
- **MIXED HEARING LOSS:** A combination of sensorineural and conductive hearing loss

Hearing Evaluation vs. Hearing Screening

- A hearing **screening** will show:
 - If a hearing loss is present
 - Whether further evaluation is indicated
- A hearing **evaluation** will test:
 - Lowest level for speech recognition
 - Speech clarity and Hearing Levels
 - Type of hearing loss
 - Permanent vs. fluctuating loss
 - If medical treatment or hearing aids are necessary

TREATMENT OPTIONS

- WAX REMOVAL
- PRESCRIPTION FOR EXTERNAL, MIDDLE OR INNER EAR INFECTION
- SURGERY
- HEARING AIDS





Did You know???

Only ~1 out of 5 people who
could benefit from a hearing aid
actually wear one



Why are people hesitant to try hearing aids??

- Gradual onset- unaware loss exists
- Difficult to admit that they have a problem (negative association with aging)
- *Motivation*
- Family/friends have purchased aids and don't use them or don't like them
- *Cost*



"I said, it's the only hearing aid covered by your insurance."

Hearings Aids have come a
long way!!!



Wireless Connectivity

- Picks up signal from cell phone and TV automatically after a simple pairing process.
- Allows for hands free streaming of phone call, music and TV



Bluetooth



- Enables users to wirelessly connect to a cell phone and other Bluetooth enabled devices
- Hear TV, phone, or music directly in the hearing device, without wires
- Allows for hands free use of electronics

Rechargeable Batteries!



Open-Ear Fittings



In-the-Ear Fittings



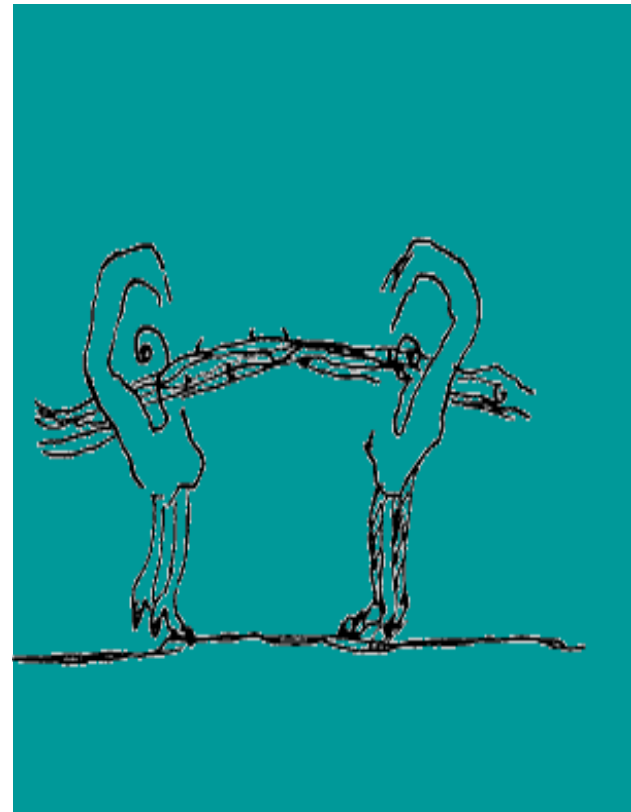
Why are Digital Hearing Devices Clearer?

- Sound is registered mathematically
- It is encoded as a series of numbers that measure pitch and volume at a given instant in time
- Processing is much more precise

Advantages of Digital Hearing Devices

- Clearer, crisper sound
- Better hearing in background noise
- Accommodate different listening situations by offering multiple programs
- Options can be turned on or off
- Setting can be updated as hearing changes

One vs. Two....

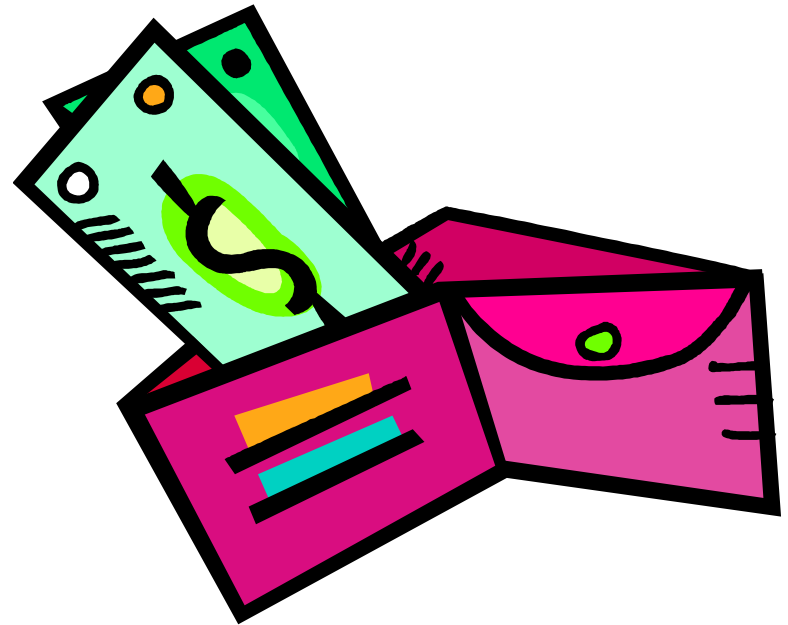


Binaural vs. Monaural Listening

- Our brains are wired to hear from both sides
- Better understanding of speech in noisy environments
- Localization
- Surround Sound
- Hearing people from both sides
- Exceptions:
 - Poor clarity in one ear
 - Dead ear/Malformed ear

Cost \$\$\$\$\$

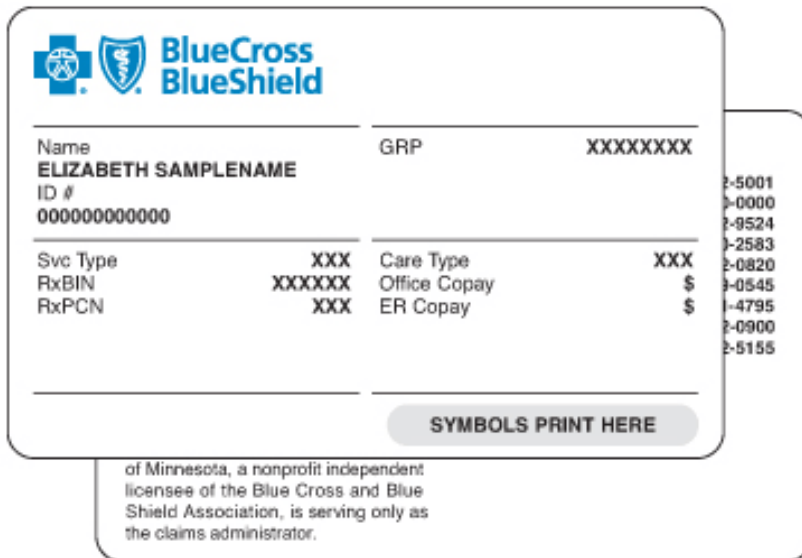
- Level of technology determines cost
- Prices range from \$699 to \$2700 per hearing aid
- Hearing aids are typically a 5-year investment!
- Over-the-counter hearing aids for mild to moderate hearing loss



Insurance Coverage.....

varies depending on individual plans

- Many Health insurances cover hearing aids
- Always check with your insurance
- Most MA Medicaid covers hearing aids
- Veterans



The image shows a BlueCross BlueShield insurance card. The card is white with blue text and logos. The BlueCross BlueShield logo is in the top left corner. The cardholder's name is ELIZABETH SAMPLENAME. The ID number is 000000000000. The card also shows service type (XXX), care type (XXX), and copay amounts for office (\$0545) and ER (\$4795). A box at the bottom says 'SYMBOLS PRINT HERE'. A small text box at the bottom left states: 'of Minnesota, a nonprofit independent licensee of the Blue Cross and Blue Shield Association, is serving only as the claims administrator.'

Name		GRP	XXXXXXXX
ID #		000000000000	
Svc Type	XXX	Care Type	XXX
RxBIN	XXXXXX	Office Copay	\$ 0545
RxPCN	XXX	ER Copay	\$ 4795

SYMBOLS PRINT HERE

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What Hearing Aid is Best for You??

- Depends on the type and severity of hearing loss
- Hearing needs and lifestyle
- Price
- Shape of ear canal
- Excessive wax
- Dexterity/vision
- Insurance Plan

Things to Keep in Mind...

- Hearing aids will not restore your hearing to normal
- They will increase your awareness of sounds and their sources
- Hearing aids take practice and patience

Factors Affecting a Successful Fitting:

- Motivation!!
- Lifestyle
 - Family support
 - Community Involvement vs. Isolation
- Hearing loss differences:
 - Degree of hearing loss
 - Discrimination (clear vs. distorted)
- Proper programming and adjustment of hearing aids

COMMUNICATION STRATEGIES

- USE FACE-TO-FACE COMMUNICATION
- COME INTO THE SAME ROOM (within 6-8 feet)
- DECREASE BACKGROUND NOISE
- SPEAK SLOWER AND CLEARER, NOT LOUDER
- GET ATTENTION PRIOR TO SPEAKING



LOOP SYSTEMS

- Allow all Patrons to Hear the Speaker
- Headphones or Telecoil Enabled Hearing Aids Improve Hearing in Meetings, Events and Town Gatherings

HEAR HERE NORTHFIELD!

The bottom half of the slide features a solid blue background. Overlaid on this background are several sets of concentric circles, resembling ripples in water, in a lighter shade of blue. These circles are positioned in the lower right and bottom center areas, creating a subtle decorative pattern.

QUESTIONS?????





Baystate Rehabilitation Care

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