


Let's talk about Aural Rehabilitation



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WHO



*Time to take our heads
out of the sand!*

Hearing rehabilitation

A person-centered approach

- ensure hearing aids and implants benefit their users
- must be accompanied with appropriate services and supports
- be focused around the specific needs of each individual

NB: understand individual requirements
& respond with different approaches

Benefits of peer- and support-groups

Practical information and experiences shared about hearing loss;
Social belonging leading to personal transformation and improved
confidence

A new and mutually beneficial direction.

Opportunities for sharing information on new technology or
accessories (and occasional demonstrations)

Tools to support HOH Adults

- Developed: support programme for adults with severe to profound hearing loss

What was involved:

- understanding and listening to their fears and concerns
- Introducing them to technology and accessories to help
- Giving them the 'tools' to help operate in different environments
- Encouraging them to 'speak up' and seek support

& developed a specific programme for people who had, or who were on the journey to having a Cochlear Implant

Supporting HoH and deaf adults through peer support: an example from Ireland

Twice a year - Hotel - groups stayed x2 nights.

Group members came from all parts of Ireland.

Meeting others with hearing/loss, hearing aids, Cochlear Implants

Always inspiring!

Break: refreshments and treats - noise in the room was very loud as they chatted away and got to meet new friends with the similar issues.

They even enjoyed the lip-reading sessions and even learnt a little Sign Language!

A burning issue

Who supports **the person** with profound H/Loss in the home?

We invited the Partner to attend weekly groups every few months.
Example: Wife profoundly Deaf using a CI and x1 Hearing aid – husband attended.

We split the group into x2 and asked ‘hearing’ Partners to move to a different room for 10minutes.

We gave the Partners (ear plugs) and they realised just how difficult it is to hear!!!

There were tears when they came back into the group.....and much awareness was raised

Supporting HoH and deaf adults through peer support:

- During these events we realised just how much support different people needed so we set up a 'buddy' system.
- There were a few confident people in the group, they were asked to have a quiet chats with someone who was not sure about committing to the surgery and management of having a CI.
- One to One mentoring (now as a Volunteer)
 - Dispelling myths and giving assurance
 - Ensuring that expectations are managed and realistic
 - Encouragement regarding the 'practice' required

Maria's Story

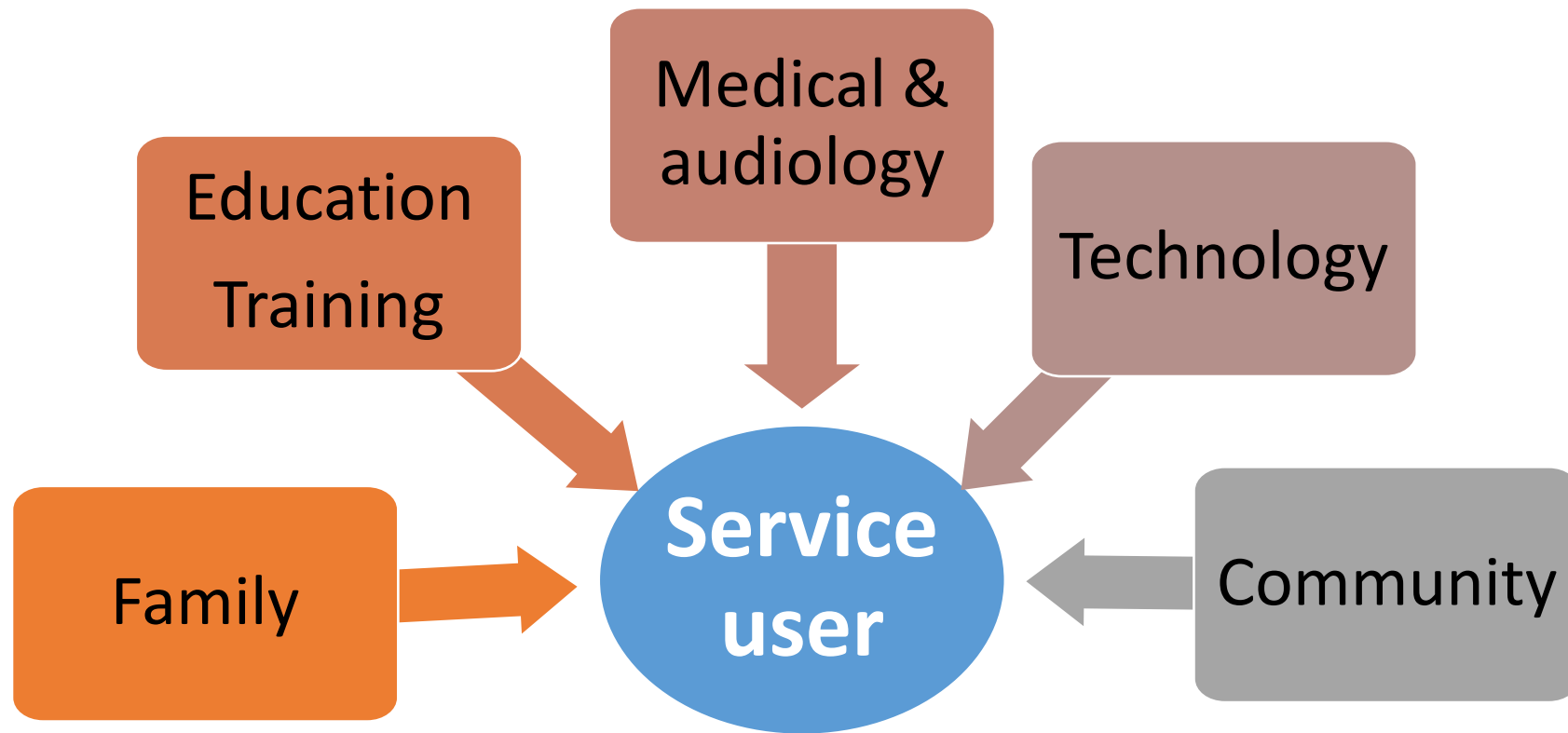
- One of these 'buddies' was a woman in her 60's – Deaf/Blind from the age of 3 years old.
- She completed school and worked all her life. Maria soon put the person at ease. The first time Maria travelled alone was by train from Dublin to Killarney for one of our meetings.
- Each person in the group introduced themselves and said if they had a CI or hearing aid(s).
- When it came to Maria's turn she said: Hi I'm Maria, I'm Deaf Blind and today is the first day I have ever travelled together, and I will travel as much as possible! Her 1st trip: Flew from Dublin to New York and changed planes and flew to her brother in Florida!

Supporting HoH and deaf adults through peer support: possibilities with digital tools

- Online resources
 - ‘How to’ videos
 - Information on access to services
 - Interactive training
- AudioBooks

Travelling up and down to the Cochlear Implant centre on the Train I used to ‘read’ and listening to children’s books!
- ‘Virtual Meetings’ using video technology (with closed captions)

Essential support structures: working together!!!



Technology

Medical and
Audiology

Working Together **Benefits ALL!**

Educate and
Training

Community