



**CORK
DEAF
ASSOCIATION**

Supporting the Deaf and Hard of Hearing
communities of Cork city and county

Our Aim



The *Cork Deaf Association* works hard to promote the rights of Deaf and Hard of Hearing people in Cork city and county. We aim to see full and equal participation of Deaf and Hard of Hearing people in all aspects of society.



Hearing Loss

Awareness

and

Hearing Aid Care

Hearing Loss

The symptoms of hearing loss are usually *not* first noticed by the sufferer.

This is due to the fact that the deterioration generally occurs over a long period of time and the person gets used to their hearing loss.

It can take a person up to ten years to accept and acknowledge their hearing loss.

It is usually family and friends who highlight the loss first e.g. remarking that the television is too loud, state that they are tired of repeating things over and over again

Some hard of hearing people find it difficult to follow conversations because clarity is the problem and not volume.

People with hearing loss experience a loss with certain sound frequencies. These frequencies correspond with specific speech sounds e.g. consonants, vowels, phonics. This means that if a person has a hearing loss at the 'f', 'th' and 's' sound frequency then the person will not be able to properly hear/differentiate words that contain 'f', 'th' or 's' sounds.

Symptoms of Hearing Loss

Tips to determine if someone has a hearing loss

The Hard of Hearing person will:

- frequently ask people to repeat what they have said
- complain that other people are mumbling
- constantly ask for information to be reconfirmed
- miss the punch-lines of jokes/funny anecdotes
- stop engaging in conversations/social activities
- have televisions and radios at high volumes
- have difficulty working out where sounds are coming from
- Find it easier to follow conversations when the person who is speaking is right in front of them



*Hearing Loss is a high
factor for social
disengagement in the
elderly*

How can I help?

(1)

- Put subtitles on television programmes
- Make sure rooms are bright enough so that residents can lip-read
- Get the hard of hearing person's attention before you start talking to them and *remember* to face the person you are talking to
- Reduce background noises e.g. No televisions/radios in dining areas, use tablecloths because they absorb the sound of cutlery
- Plan activities that don't completely rely on hearing
- Realise that residents may not hear you if you knock at their bedroom door so approach gently when you enter

How can I help?

(2)

- It is important to remember that residents may not hear fire alarms, doorbells, announcements etc so alternative methods of communication are necessary
- Encourage the hard of hearing person to participate in activities
- Use a calm and unrushed approach – time to absorb information as they could become stressed
- Speak in a slow and distinct manner
- Encourage the resident to wear their hearing aids
- Make sure that their aids are working properly and check that batteries are full

How can I help?

(3)

- Listen attentively to residents – communication works both ways
- Use simple words and short sentences
- Rephrase if necessary – if a resident doesn't understand what you are saying then try saying it in a different way
- Make sure that the resident is positioned on their 'good hearing' side so that they have the best chance to hear what is being said

Always ...

Check to make sure that
the person has
understood what you
have said – they could
be bluffing



Never ever say

‘It doesn’t matter’

or

‘Never mind’

Consequences of Hearing Loss

- ❑ Breakdown in communication
- ❑ Embarrassment or anxiety
- ❑ Withdrawal
- ❑ Diminished self-esteem
- ❑ Social isolation
- ❑ Grieving for loss of hearing
- ❑ Depression



Hearing Aid Care

Hearing Aids

Reasons Why They Might Whistle

- They may need to be re-tubed – this should be done at least once every six months or as soon as the tubing becomes hard or discoloured
- There may be a build-up of wax in the ear
- The volume may be up too high
- The mould may not be fitted correctly in the ear or may be damaged. Mould appointments can be made if this is the case

Hearing Aids

How to keep them clean

- Moulds can be cleaned with a damp cloth, baby wipe or antiseptic wipe – every day routine!
- The mould should be kept free of earwax as this can stop the aid from working. A wax remover can help to remove wax from moulds.



← Wire tip can remove wax safely

HSE Clients

- There are **two drop-in repair days** for broken/damaged hearing aids at the HSE Hearing Services unit in the South Ring Business Park, Kinsale Road, Cork.
- Tel: 021 4927420 between 9 am and 11 am
- **Tuesday and Friday 9.30 am – 12 noon**
- Appointments for *readjustments* and *new moulds* need to be made – these **are not** drop-in services
- Hearing aids can be posted for repair too if clients are unable to travel

How can a resident get hearing aids?

- If a resident has a **medical card** they are entitled to hearing aids *free-of-charge*. They must get a referral for a hearing test from their GP to start the process.
- If a resident doesn't have a hearing aid then they have to buy their aids **privately**. Please contact the Cork Deaf Association for advice/tips about buying hearing aids privately.

Thank you for
listening 😊

Please contact the Cork Deaf
Association for further information
and support!

Cork Deaf Association, 5 MacCurtain Street, Cork. Tel: 021 4505944 /
mail@corkdeaf.ie / www.corkdeaf.ie / www.facebook.com/corkdeaf