



# Adult Audiologic/Aural Rehabilitation

If you are an adult with hearing loss, audiologic rehabilitation services will focus on helping you to live with your hearing loss, make the best use of your hearing aids, explore hearing assistive technology that might help, manage conversations, and take charge of your communication. Services can be individual, in a small group, or a combination of both.

## Topics Normally Covered

- **Your hearing loss:** It is important to understand your own hearing loss. Sometimes it takes several conversations with your audiologist and your family for things to click. By better understanding your hearing loss, you will become more aware of why:
  - You think people are mumbling.
  - You *hear* but cannot *understand*.
  - You have difficulty with female 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! They know they use lots of energy trying to communicate with you. Sometimes the audiologist will play a recording that simulates your hearing loss so that your family can understand better what you are going through.
- **Your hearing aid:** It is important that you understand what your hearing aid can do and what it will not do. Your audiologist will review with you how to take care of your hearing aid and answer any of your questions. When you were fitted with your hearing aid, you probably received so much information that it was difficult afterward to remember everything. As you use your aid, more questions will come to mind. Keep a list of questions to share with your audiologist.

Many audiologists use these sessions to review different types of hearing aids and how they work. This helps you to understand why your kind of hearing aid was chosen just for you.

This review also helps family members understand that your hearing aid was a prescription for you. Well-meaning family members and friends may bring you ads for other kinds of hearing aids or talk about other friends who have “better” hearing aids; they do not understand that your hearing aid was chosen because it met the needs of your hearing loss and your common communication situations.

**Learning to listen again:** Even if you don't have hearing aids but find that you have a hearing loss, audiologic rehabilitation services can give you tips to improve listening and make your communication better. If you do have new hearing aids or a cochlear implant, your world will be full of sounds you forgot existed. Through training and practice, you will acquire new listening habits.

**Hearing assistive technology:** A hearing aid won't wake you up when you are sleeping. And it may not help you in a theater. But there are many other devices that can help, such as TV listening devices, FM systems, conference microphones, and telephone amplifiers. You can become familiar with these devices and learn how they can improve your social, family, and work life.

**Using visual clues:** Everyone uses his or her eyes to get clues about what people are saying, their mood, their interest in the topic of conversation, and so on. Because of your hearing loss, you probably use your eyes even more to make up for what you cannot hear.

Speechreading training provides formal instruction on how speech sounds are made and which sounds look alike on the lips.

Learning which words have the same mouth movement but very different meanings can be useful in understanding conversation better. You can also gain a great deal of helpful information from following other visual clues like facial expression, gestures, body movement, and body language.

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## Listening Tips

**Handling conversation:** Ask people to get your attention before speaking to you, suggest that they face you, and ask them not to shout. Know when to ask for a person to say something differently, instead of just repeating what he or she said, and learn how to ask questions.

**Arranging your home:** Now that you've learned more about your hearing loss, you may want to rearrange your furniture to make it easier to hold a conversation. You might wish to change the room lighting so you can better see your conversation partner's face. Maybe there are alerting devices that can help you know when the doorbell rings.

**Dealing with background noise outside the home:** In a noisy restaurant, for example, request a table away from the kitchen and clattering dishes. Seat yourself directly in front of your dining companion so that you can maximize your understanding of conversation.

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

**Support groups:** You are 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 a hearing loss. The following groups also have local chapters:

### Association of Late-Deafened Adults

10310 Main Street, #274  
Fairfax, VA 22030  
404-289-1596 (TTY)  
[www.alda.org](http://www.alda.org)

### Hearing Loss Association of America

7910 Woodmont Avenue  
Suite 1200  
Bethesda, MD 20814  
301-657-2248 (Voice)  
301-657-2249 (TTY)  
[www.hearingloss.org](http://www.hearingloss.org)

## NOTES:

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For more information about hearing loss, hearing aids, or referral to an ASHA-certified audiologist, contact the:



AMERICAN  
SPEECH-LANGUAGE-  
HEARING  
ASSOCIATION

2200 Research Boulevard  
Rockville, MD 20850  
800-638-8255

E-mail: [actioncenter@asha.org](mailto:actioncenter@asha.org)  
Website: [www.asha.org](http://www.asha.org)

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