

# Introduction to Hearing Loss and Solutions

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# Agenda

- Introduction to CHC
- Basics of Hearing Health
- Signs of Hearing Loss
- What to Expect from a Hearing Test
- Communication Tips
- Devices for phone and tv
- Q & A

# Introduction to CHC

Center for Hearing and Communication is a non-profit organization providing hearing health services since 1910

Vision:  
Communication without limits

Audiology

Speech and Language

Emotional Health and Wellness

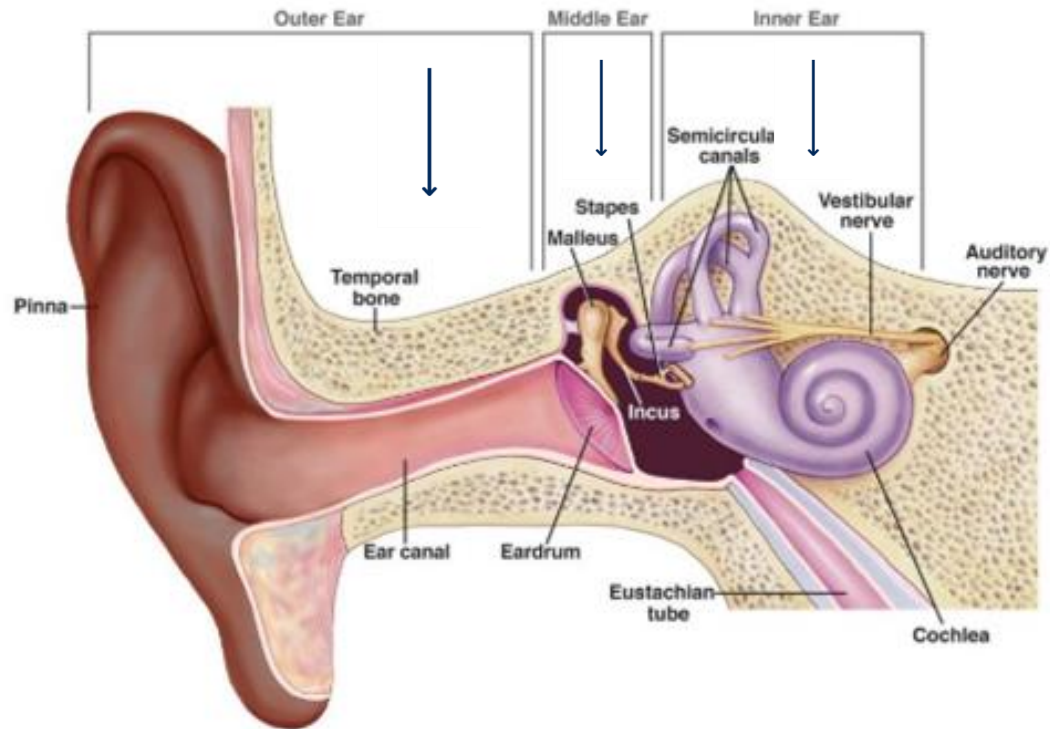
Education

Outreach



**Telehealth and In-Person Services 50 Broadway, 6th Floor, Lower  
Manhattan**

# The Ear and Hearing Loss



Source: NIDCD

# Causes

- family history of hearing loss – genetics
- medications (ototoxic drugs)
- linkages with diabetes, heart, circulation, thyroid problems and osteoporosis
- noise exposure long-term or an explosion
- aging
- sudden hearing loss



## Typical Signs of Hearing Loss



- Say “what?” frequently
- Difficulty hearing from another room
- Difficulty hearing on the phone or TV/tablet
- More difficulty understanding in noisy settings and groups
- Complaining others are mumbling
- Have difficulty understanding if they can’t see the speaker’s face
- Change in sociability

# Hearing Loss & Co-Morbidities

Hearing Well = Wellness

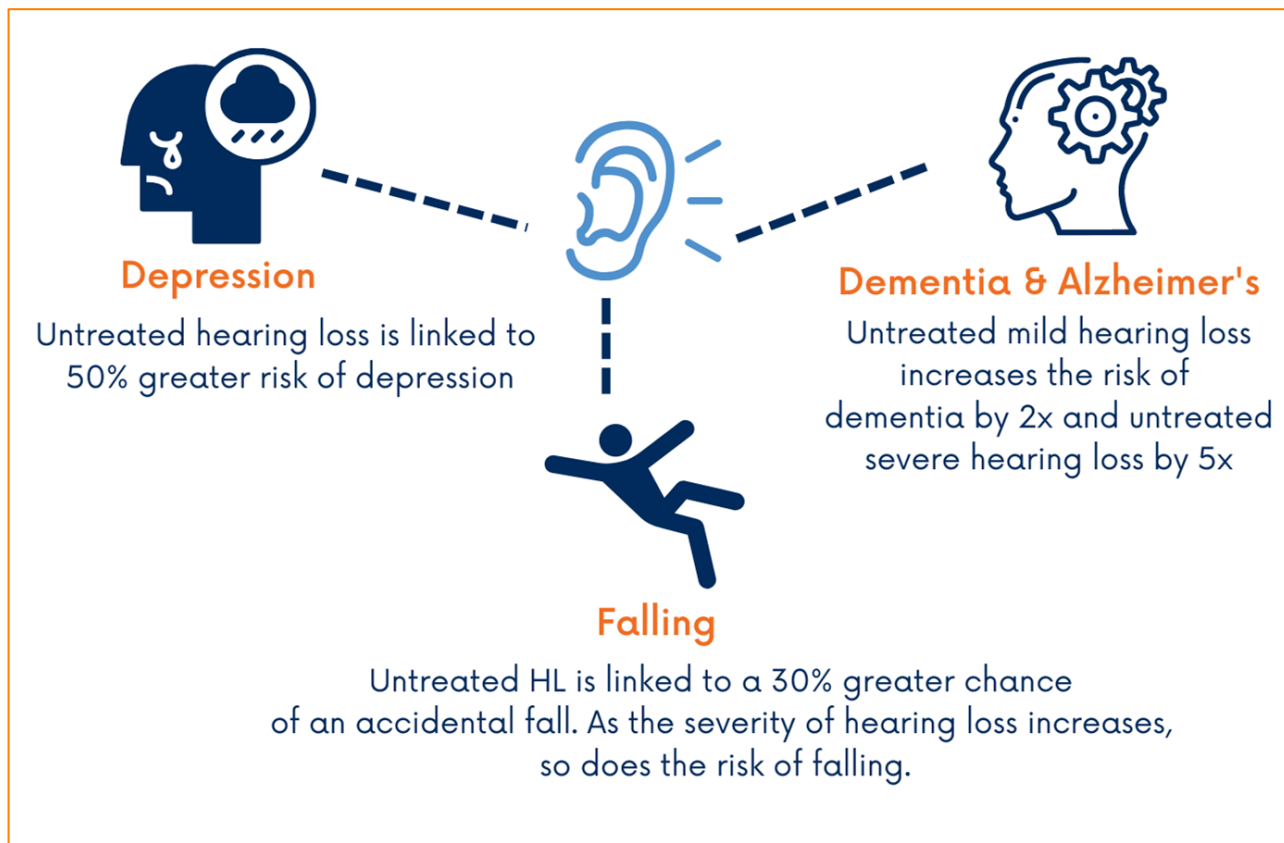
- Invisible disability
- Happens very gradually
- Often neglected

## Comorbidities:

- Safety Concern
- Life Quality & Isolation
- Dementia Link
- Falls Risk



# Risks of Untreated Hearing Loss in Adults



Individuals with these conditions have a higher risk of hearing loss. A hearing test is recommended.

Cardiovascular Disease  
Diabetes  
Pre-Diabetes  
Kidney Disease  
Osteoporosis

## Recent study:

Hearing aid use lowered risk of dementia by 18%, falls by 13% and anxiety and depression by 11%



# Prioritize Hearing Evaluations



- #1 – Hearing test by licensed audiologist
- #2 – Examination by medical doctor (ENT)
- #3 – Follow the audiologist's recommendations for amplification, assistive devices, rehab.

## Audiology Care:

- Local hospital
- CHC or can provide a referral
- Professional sites: ASHA, AAA

**Hearing Tests are covered by  
Medicaid and Medicare**



**Check CHC's Website for free &  
quick hearing screening**

# What to Expect from a Hearing Test

## Purpose:

Establish a baseline, rule out any health issues and provide proper guidance for treatment

1. Review your hearing health and medical history
1. Visual inspection of ears
1. Objective and behavioral tests that look at the various parts of your ear and general hearing ability
1. Discussion of your results and recommendations
1. If needed, hearing loss treatment options
1. Hearing loss follow-up care and next steps



**Hearing tests are covered by  
Medicaid and Managed  
Medicare Plans**

# Communication Tips

- Seek a quiet background with good lighting
- Pen and paper, portable white board, text message
- These tips can help:
  - Convey patience
  - Face the person with hearing loss
  - Get their attention first
  - Speak up, articulate, pause
  - Cue in the topic, rephrase
  - Confirm comprehension
  - Use a clear mask if possible



# Advanced Technology Connectivity with Hearing Aids

- Bluetooth connectivity
- Made for Smartphone Hearing Aids & Apps
- Directional Microphones – hearing in noise
- Rechargeable hearing aids
- OTC hearing aids



# Prescription Hearing Aid Styles



# Prescription Hearing Aid Colors



# OTC Hearing Aids Are Here

- Over-the-Counter Hearing Aid Act was signed into law over four years ago
- Cleared the way for the FDA to designate a new category of non-prescription hearing aids
- **Self-fit** aids for adults with mild to moderate hearing loss
- We're excited about the availability of new options for amplification
- Hope more people will be inspired to take action to address their hearing loss



## Differences Between OTC and Prescription Hearing Aids

	OTC Hearing Aids	Prescription Hearing Aids
<b>How to purchase</b>	Retail and online	Dispensed by an Audiologist
<b>How to fit</b>	Self-fitting	Audiologist provides the selection, set up and programming of the device
<b>Hearing test required</b>	No	Yes
<b>Type of hearing loss</b>	Perceived mild to moderate	All degrees
<b>Age</b>	18 or older	All ages
<b>Insurance coverage</b>	Not covered	Some insurances will cover all or partial cost
<b>FSA/HSA Eligible</b>	Yes	Yes



# Cost of OTC Hearing Aids vs. Prescription Hearing Aids

## OTC Hearing Aids

Price: \$700 - \$1200 per pair \*technology based\*

What Is Included:

- Self-fit hearing aids that may/may not be fit to your hearing loss
- Repair warranty will vary
- **No** loss and damage warranty

## Why Do Prescription Hearing Aids Cost So Much?



- **Paying for the audiologists services to ensure:**
  - Hearing aids are programmed properly
  - Receiving maximum benefit from hearing aids

## Prescription Hearing Aids

Price: \$1800-\$6500 per pair \*technology based\*

What Is Included:

- Hearing aids programmed to your prescribed hearing loss by an audiologist
- Counseling on hearing aid care and maintenance
- Hearing aid checks to determine benefit from hearing aids
- Streaming of audio and phone calls to your hearing aids
- Repair warranty
- Loss and damage warranty

## Not a OTC Hearing Aid Candidate

If you have any of these symptoms, you may NOT be an OTC hearing aid candidate:

- Tinnitus (ringing, hissing, buzzing) in one or both ears
- Better hearing in one ear
- Any pain in or fluid/discharge from the ear
- History of ear infections or excessive ear wax
- Vertigo
- A sudden hearing loss or rapidly getting worse



## OTC Hearing Aid Tips



### TIPS

1. **Get Tested** - A hearing test—though not required for purchasing an OTC hearing aid—is the only way to accurately determine if you are a candidate for an OTC.
1. **Give it Time** - Adjusting to a new hearing aid takes time, make sure the return policy allows enough time to try it in different situations and to adapt.
1. **Know the Features** - Know the terms of the warranty and features like battery life, wireless connectivity (i.e., Bluetooth), and smartphone compatibility.
1. **Read the Warnings** - Pay attention to package warnings. If you have any of the medical concerns listed on the packaging or above, see a doctor.

## OTC Hearing Aid Tips



Get tested to know if you are officially a candidate

Know the features

Read the warnings

Know your insurance coverage

Make sure device is labeled FDA approved

Give it time to adjust and try out

Engage an audiologist for assistance

## OTC Hearing Aids

- Studies have shown that people do not often accurately determine their hearing loss level and tend to underestimate it
  - Likely fit for comfort vs. optimal benefit
  - People get used to how they are hearing and don't know how much they are missing
- **An audiologist can guide you to an optimal fit**

## Free OTC Consultation at the Center for Hearing and Communication



- CHC is offering a free 15 minute consultation to discuss candidacy for OTC hearing aids
- Our audiologists will answer any questions you may have about this new category of hearing aids
- To schedule a consultation, you can call 917-305-7921 or use this link  
<https://www.chchearing.org/otc-hearing-aids>

# Hearing better: TV/Streaming and Phone

## Captioning



Innocaption  
CapTel  
Caption Call

## TV/Tablet



## Audio Enhancement



## TV/Tablet



# Captioning Solutions

## Speech to Text Apps



Microsoft Translator



Otter



Google LiveTranscribe  
(Android Only)



## Browser Captioning



Live Captions  
activate in advanced  
settings of Chrome



[www.webcaptioner.com](http://www.webcaptioner.com)



# Thank you - Contact Us!



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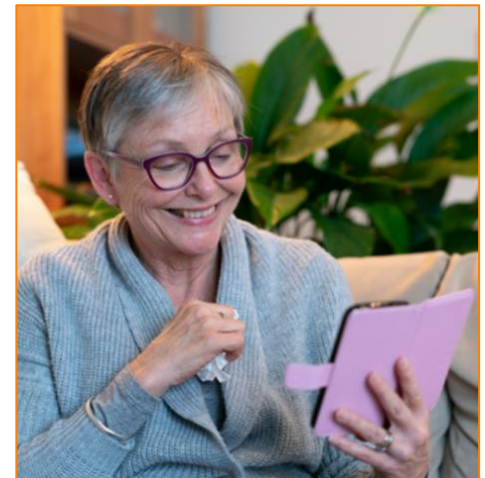
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## What to expect from your audiologist during a hearing aid evaluation

1. Audiologist will provide different hearing aid styles that are suited for your hearing loss and lifestyle
2. Try on hearing aids to see how they work for you
3. Testing with hearing aids will be performed to determine benefit
4. Discussion of hearing aid features
5. Choose which hearing aid you wish to order



# Audiogram

## Audiogram of Familiar Sounds

