


**AMPLIFY YOUR  
AUDIOLOGY  
APPOINTMENT**

ALDA Convention  
September 19, 2015  
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**BEFORE YOUR  
APPOINTMENT**




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**BEFORE YOUR APPOINTMENT**

- Write down/record questions and concerns ahead of time
- Ask someone to accompany you to the appointment to be a second pair of ears
  - First few appointments
  - Medical procedure will be involved
  - Getting new equipment
  - Transitioning from hearing aid(s) to cochlear implant(s)
- Call the office ahead of time to make sure you have access
- Encourage family members to listen to a sound simulation
  - <https://delicious.com/house/simulation>
  - CAVEAT: That's all they are...simulations...to help THEM understand


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○ **DURING YOUR APPOINTMENT**

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**DURING YOUR APPOINTMENT**

- Ask the questions you wrote down before your visit
- Ask the audiologist to write down words/directions that you didn't understand
- Tell the audiologist what you THINK they said to confirm comprehension
- See if they will let you go out for a while and come back so you can get used to your new settings
  - e.g., before and after lunch
  - Audiologists may be limited by their billing requirements for appointments



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**YOU'RE NOT THE ONLY ONE THAT THINKS THIS...**



Michelle [redacted] I wish mappings would be more realistic, instead of being performed in a dead silent room, they should be done in a noisy environment, to be realistic. I do not know anyone that lives in a sound proof room like the offices they map in :)

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### DURING YOUR APPOINTMENT

- Ask to do some mappings with background noise present
- Bring a friend, spouse, family member (known voice)
  - Or a recording
  - Or audio/video calling program
  - How does their voice sound – same/different/better/worse?
- Be sure to try features like Tcoil and the different programs (e.g., noise, music) while you're there



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### TESTING IN THE BOOTH

- Let the audiologist know if your tinnitus is particularly bad that day
- I would suggest asking for this every time you get a change to your program...it's a way to validate their changes are helping
  - May be limited by time
  - Speech perception testing is my favorite indicator
- Very powerful if significant other is in the booth with you
- Try not to get discouraged



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### TELL YOUR AUDIOLOGIST IF:

- You don't understand the jargon
- Some sounds in speech jump out at you
- You think some speech sounds are missing
- Some speech sounds are especially distorted
- If you do listening practice, are there some sounds that you always miss?
- Describe the sound of YOUR voice
  - loud, soft, boomy, harsh, reverberating, just right
- Something has CHANGED



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**TELL YOUR AUDIOLOGIST IF:**



- You have facial twitching or excessive blinking
- Your speech processor sounds intermittent and you can't fix it with your spare parts
- You have any discomfort under your headpiece magnet
- You hear a "rippling" noise
- You hear static instead of the "beep" of your microwave
- You have any significant change in sound quality



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**TELL YOUR AUDIOLOGIST IF:**



- Your earmold hurts
- Your ear hurts
- Your ear feels full
- Your voice sounds like you're in a barrel
- Your voice sounds tinny
- Sounds seem muffled
- You're getting a lot of feedback (squealing)



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**CRITICAL THINGS TO KNOW  
BEFORE YOU LEAVE THE OFFICE**

- **What's on each program and what is it for?**
  - e.g., P1 = normal, P2 = noise, P3 = t-coil...
  - Ask for a printout
  - Put the information in your calendar on your phone
- Were there any significant changes?
- Contact information if you have questions after you leave



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## AFTER YOUR APPOINTMENT

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## AFTER YOUR APPOINTMENT

- Go over the notes to see if you understand what was said
- Talk with the person who came with you to see if you both heard the same thing
- Call or email your audiologist if you have other questions
- Listen to your friends/family
  - They may notice things that you don't
- PRACTICE
- Keep a journal
  - What's the same/different?
  - What do you like/not like?
  - Be as specific as you can in your descriptors
    - "Say it in CI"

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## "SAY IT IN CI"

Bang	Distorted	Mechanical	Sharp
Barkling	Droning	Metallic	Shall
Base	Ducks Quacking	Metal Pipe	Sibilant (too high)
Beeping	Ducks Underwater	Microphonous	Signal to Home/No
Blaring	Dulled	Motoboating	Snap
Blurred	Echoing/echo	Muffled	Sat
Blurred	Electronic	Multiple Voices	Solid
Booming	Fading	Musky	Spongy
Bottom of a BameWell	Far Away	Musky	Squashed
Smathy	Flat	Muted	Squawky
Busy	Floppy	Nasal	Squeal
Cartoonish	Fleeting	Of the Station (radio of others)	Squeezed
Chimes	Fog Hum	Oncom	Static/PoliceRadio-like
Chipmunk	Fog in Throat	Out of Focus	Tapping
Chippy	Funny	Out There (Voicesound)	Thin
Chopped Up	Fuzzy on the Edges	disconnected from body	Throaty
Changy	Gabbed	Fuzzy ("P" sounds)	Tinkley
Chirpy	Gapping/Gaply	Fetch	Tiny
Clear	Quitting	Pinky	Tunnel-Like/Metal Tunnel
Clicking	Garvelly	Faintly (like "wisp")	Tweety
Clinking	Goaty	Quacking	Underwater
Clipping	Gurgling	Rapoy	Vibrating
Compressed	Hack	Resonant	Washing
Conomy	Helium	Resonating	Whiny
Cackling	Heavy/low (too much, or not enough "s")	Reverberating	Whispery
Cinkling	Heavy	Roaring	Whisking
Cisp	Hollow	Robotic	White Noise
Cut Off	Indistinct	Rough	Zippery
Cutting Out	Intermittent	Rumbling	
Cymbals	Jumping Out	Screechy	
Damped	Layred	Shadow Voices	
Demibodied			



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<http://tinachildress.wordpress.com>  
<http://bit.ly/Apps4HL>

### INTRINSIC FACTORS THAT CAN AFFECT HEARING



- Etiology (cause) of your hearing loss
- Physiological differences
- Auditory memory
  - Giving your brain time to make sense of what it's hearing
- Being consistent about using your amplification
- Aural rehabilitation will help you make more progress faster
  - Online resources
  - Apps
  - Low tech – significant other as listening coach, audiobooks



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### EXTRINSIC FACTORS THAT CAN AFFECT HEARING



- Known hearing fluctuations or progressive hearing loss
- Fluid/ear infections
- Stress
- Sleep deprivation
- Tinnitus
- Hormones
- Overall health



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### EXPECTATIONS

- Realistic expectations – what is your definition of success?
  - Talk on the phone
  - Music enjoyment
  - Help with lipreading
  - Awareness to environmental sounds
- There is no guarantee that you will be "successful" with your amplification
  - Hearing aids vs. cochlear implants
- Hard to know when you've reached your potential
  - Important to be patient but how long?



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## EQUIPMENT

- Know your troubleshooting resources
  - User manuals (printed and online)
  - Manufacturer website
    - Audiologists on Call - phone/chat
  - YouTube videos
    - Consumer guides
    - How-to videos
  - Social media
- Failures
  - Hard failure
  - Soft failure



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## THE DEAF/HARD OF HEARING LEADING THE DEAF/HARD OF HEARING



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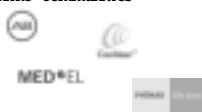
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## ONLINE RESOURCES

- All three of the CI manufacturers have online communities
  - Hearing Journey - Advanced Bionics
  - Cochlear Community - Cochlear
  - Hear Peers - Med-El
  - Hearing Like Me - Phonak
- Social networking (especially facebook)
- GoogleGroups, YahooGroups, Big Tent
- Advocacy Groups (ALDA, HLAA, SWC, etc.)



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## SUPPORT GROUPS

- Support groups (national and local)
  - ALDA
  - HLAA
  - AG Bell
  - SayWhatClub
- Specific to your practice



Sergei Kachkin

Only 2% of H&P refer their patients to peer-support groups. Check out our newest patient-oral education article in today's eNewsletter on the value of Self-help groups; guest author Brenda BATES. If you are not a subscriber please do so at [www.betterhearing.org/professionals](http://www.betterhearing.org/professionals)



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## RESOURCES

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## [WWW.DELICIOUS.COM/HLPUEARS](http://WWW.DELICIOUS.COM/HLPUEARS)

- Hundreds of links related to hearing loss
- Searchable via tags



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**THE APP LIST ([HTTP://BIT.LY/APPS4HL](http://bit.ly/apps4hl))**

- Accessibility
- Advocacy
- Audiology
- Classroom Tools
- Hearing Test
- Listening Therapy
- Media Player
- Personal Amplifier
- Sign Language
- SoundLevelMeter
- Speech/Language
- Telecommunication
- Master List\*
- Resources (e.g., favorite developers, blogs, and websites)



A screenshot of a mobile application list. The list is titled 'WELL COMMUNITY' and 'Updates'. It shows a list of applications with details such as 'App Name', 'Version', 'Price', 'Category', and 'Description'. A smartphone is shown in the center of the screenshot, displaying the app interface.

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