

Why is Hearing Important?

When we can't hear well, we can't communicate well. When we don't communicate well, we experience more **stress, miscommunication, depression, anxiety, and isolation** than others. People with untreated hearing loss **earn less** than people with normal hearing. And, there is a correlation between hearing loss and **dementia**. This is why it is so important to seek assistance with your hearing loss.

Contact us. We're here to help!

Support Groups

Support Groups can be very helpful to hard of hearing people and their loved ones. The **Hearing Loss Association of America** has five local chapters in Arizona (www.hearingloss.org). The **Adult Loss of Hearing Association** in Tucson (www.alohaaz.org) has several chapters in southern Arizona. **Cochlear implant companies** often have gatherings of recipients and potential recipients. Some of the universities have "**Living Well With Hearing Loss**" classes for hard of hearing people.

Remember: Even if you have hearing loss, you still need to protect your hearing.

If you work in a noisy environment, ride ATVs, hunt, ride motorcycles, or even mow your lawn, you should protect your hearing by using ear plugs or special headphones.

Contact ACDHH to learn more.

The Arizona Commission for the Deaf and the Hard of Hearing

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I'm Hard of Hearing ...Now What?



I'm Hard of Hearing ...Now What?

We're glad you picked up this brochure. We want you to know that there are many options available to you.

If you think you may have hearing loss, the first thing to do is see a **physician**.

If you need a **referral** to an audiologist or hearing instrument specialist, contact our office and we will help you find one.

All persons who dispense hearing aids in the state of Arizona must be **licensed** by the Arizona Department of Health Services.

If someone tells you nothing can be done about your hearing loss, contact our office. We may have more **information** that can help you.

Always keep a copy of your **hearing tests** (audiogram) so you can compare them to see if your hearing is changing.

If your hearing does get **worse**, don't despair. There is much that can be done!

Hearing loss affects over
48 million Americans, and more
than 1,100,000 Arizonans.

You are not alone!

Assistive Technology

Hearing aids are only one part of the solution to hearing loss.

Veterans should always contact the VA for help.

American Indians, please contact Indian Health Service.

Children with hearing loss may receive assistance from Children's Rehabilitation Services.

Workers and those who are looking for work may receive help, including hearing aids, from the state Vocational Rehabilitation Program.

Medicare does not cover hearing aids, but some Medicare Advantage plans may. Medicare usually covers cochlear implants and bone conduction devices.

The **cost of hearing aids** may be bundled with other services such as the exam, the professional's time, materials, follow-up visits, batteries, etc. Check with your insurance company for coverage of the exam and/or hearing aids. And don't be afraid to negotiate!

Telecoils and **directional microphones** in hearing aids are often very helpful. Ask about them!

Our agency provides **free amplified telephones** and **captioned telephones** to people with hearing loss. There are also free phone captioning **apps for smartphones**.

Captions also help us hear the **television** better, as do **amplified headphones** and **loop systems**.

There are many other **assistive devices** other than hearing aids that can help you.

Access and Accommodations

You can still go out to **movies, plays, and sporting events**. Under the ADA law these places of public accommodation must provide you with assistive listening devices, neckloops, CART, captioning devices, or other programs and services completely free of charge.

Ask for a quiet booth in a **restaurant**, away from windows, doors, the kitchen, or the bar.

If you are the parent of a **child** with hearing loss, contact our office to make sure your child is receiving the services he or she is entitled to under the law.

Students of all ages have a right to accommodations (such as assistive listening devices, CART, notetakers, etc.) under various laws.

Communication Strategies

- Tell them you don't hear well
- Make sure you have good lighting
- Try to eliminate background noise
- Look directly at the person
- Speak slowly and clearly