

Taking Control of Communication in Difficult Settings

Include the following objectives:

1. **Anticipate** elements of the setting so you can develop strategies that will work for you
2. **Identify** skills that may help you maintain communication
3. **Recognise** when communication has failed so you can re-establish it
4. **Select** strategies that increase fluency and ease of conversation.

Building confidence

- It's ok to get the message wrong
- When I don't get the message, I ask people to repeat it or say it another way
- I tell people I have a hearing loss
- When it's impossible to hear names, numbers and other information, I can ask the speaker to write it down for me
- I feel free to disagree with what others say or do
- I can say NO and not feel guilty
- I feel comfortable wearing my hearing aids in public
- If someone shouts at me, I ask them politely to speak normally
- When the music is too loud in the restaurant or pub, I ask someone to turn it down
- When I go out for a meal, I ask for a quiet place in the restaurant
- I don't apologise for asking others to help me at times

Cork Deaf Association
5 MacCurtain Street
Cork

Tel: 021 4505944

Fax: 021 4506190

Email: mail@corkdeaf.ie

www.corkdeaf.ie

Facebook:

www.facebook.com/corkdeaf



Aural Rehabilitation Supporting You with Your Hearing Loss

Cork Deaf Association

What is Aural Rehabilitation?

Aural Rehabilitation refers to any service, procedure, device, information or interaction which may help an individual with a hearing loss to communicate more effectively.

Aural Rehabilitation in the *Cork Deaf Association* comprises of:

1. Identification of the Hearing Loss
2. Assessment of the Impact of Hearing Loss
3. Support with Adjustment to Hearing Aids
4. Assessment for Assistive Listening Devices

5. Communication Therapy

6. Lip-reading

7. Hard of Hearing Support Group

Hard of Hearing Support Group

The hard of hearing support group provides information, support and social activities for people who are hard of hearing. Services provided include:

- Coffee mornings
- Social Outings
- Lip-reading classes
- Group Activities e.g. arts & crafts
- Hearing loss and hearing aid advice
- Communication Advice

Consequences of Hearing Loss

- *Breakdown in Communication*
- *Embarrassment or Anxiety*
- *Withdrawal*
- *Diminished Self-Esteem*
- *Social Isolation*
- *Grieving for loss*
- *Depression*

Take a positive approach. Learn more about the following:

- *Educate yourself about hearing loss*
- *Assistive Technologies*
- *Communication Therapy*
- *Peer Group Support*
- *Inform People*