

Sound News

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Frustrated by your Hearing Loss?

By Shari Eberts

Have you ever been so frustrated by your hearing loss that you could just scream? I sure have. This usually occurs when I am already tired and worn out from listening all day, but can just as easily happen early in the day if the mood hits me. I try to roll with the punches, laugh as best I can at hearing misunderstandings -- come on -- I even write a blog about coping with hearing loss -- but nobody is perfect and sometimes I just want to shout, "Why are you not looking at me when you talk to me? Why are you mumbling behind your hand? How many times do I need to remind you to not talk to me from another room?"

Whew! I guess it happens to us all sometimes.

Usually it is my family that bears the brunt of this outburst. I guess I am not brave enough to yell at perfect strangers, yet. This is unfair to my family, of course, because most of the time they go out of their way to help me hear, but they are also around me the most, so it gives them the most opportunities for making communication errors.

Obviously, screaming is not productive, but in a sense, maybe it is. Sometimes we all need to vent and share our frustrations with others. Yelling and screaming is not the best way, but communicating our sadness and anger is better than keeping it inside or withdrawing socially. I know for me, once I have let off some steam and taken a bit of a break from the situation, I can often join back into the family dynamic.

This highlights for me the importance of finding a hearing loss community. While our families and friends love us very much, if they do not have hearing issues, they can't always understand what we are going through. I know my hearing loss pals have been a source of comfort to me when frustrations mount. We can swap stories, strategies, and complain to one another with complete understanding and no judgments.

Here are my tips for surviving the inevitable bouts of frustration that come along with hearing loss.

1. Take A Break: Many times, exhaustion can contribute to frustration. You can read about that here. Taking a short break to recharge your batteries allows your emotions to cool and your brain to rest.

2. Try To Put Things In Perspective: This one is easier said than done, but try to put things in context. Is not hearing this one thing the end of the world? In most cases it probably is not. If a loved one usually makes an effort, maybe you can let this one thing go.

3. Focus on What You Can Hear: Certain situations are always harder for hearing, like cocktail parties or other group settings. Rather than be sad about what you cannot hear, enjoy talking to the people closest to you, or pull someone aside for a conversation in a more conducive setting. Or just try to enjoy the atmosphere or music.

4. Find A Peer Group: Sharing stories with those that understand can be very helpful in releasing tension and sadness. If you don't know anyone else with hearing loss, ask your doctor or audiologist, or contact your local HLAA chapter.

This post first appeared on Living With Hearing Loss. Follow Shari Eberts on Twitter: www.twitter.com/



Why is a car's windshield so large and the rear view mirror so small?

Because our past is not as important as our future. So, look ahead and move on.

It is so important with hearing loss to be positive and progressive. Hearing aids are SO much better than they were and there are so many options. Look into them and look forward to a wonderful life of sound.

Research indicates that individuals with hearing loss who wear hearing instruments have better relationships with family members, friends and colleagues than those with untreated hearing loss.

At home: Positive emotion is linked to marital satisfaction. A Hear-the-World Foundation survey of more than 4,300 people about hearing aids and relationships revealed:

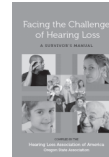
69.7 percent believe hearing aids have improved their relationships.
81 percent whose partner has been fitted with a hearing aid say they are glad.
40 percent say they receive more attention from their partner.

Volunteers needed:

We need members to be **at the Welcoming Table** at the beginning of our general meetings. Duties will be written out for easy reference and are basically to arrive at 6:40 and greet people as they come in. Hand out raffle tickets and ask new people to sign in to receive a free Welcome pack about our chapter. This is an easy, but *essential* role to help our chapter. For more information contact:

Lesley Bergquist at
lesleyb@earthlink.com

Welcome



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Members: if you have changed your e-mail address please notify Karin Smith of the change karinsm@efn.org

Hearing Loss Assoc.-Lane County, Oregon Information calls are taken by Linda Diaz 790-1290

HLA A is published monthly for members of Hearing Loss Association of Lane County.
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Place an ad Karen Swezey kswezey@efn.org

National website: www.hearingloss.org
Oregon website: www.hearinglossOR.org
Chapter website: www.hearinglosslane.org



Out and About

Andrea gave out 100 SM at the NW Conference on Professional

Development in Disability Services at the Eugene Hilton & Conference Center and will be giving them out at the Oregon Cascades West Council of Government Annual Caregivers Event.

Linda Diaz is in Medford Oregon at the Senior Center helping folks with applying for Captel phones, and handing out the Facing the Challenge Book.

Children and Hearing Loss Healthy Hearing

The Hearing Loss Association of America estimates that 30 of every 1,000 children have hearing loss. Children who are born deaf often learn to communicate with sign language and become part of an inclusive community known as the deaf culture. Children born hearing who begin to lose that sense however, are often at a loss for learning the language, speech and social skills of their peers.

According to the Centers of Disease Control (CDC), children who aren't hearing well may exhibit the following symptoms:

Speech is delayed or not clear. If you can't understand a child when he speaks, it might be because he hasn't heard language clearly enough to be able to speak it well.

Does not follow direction. Again, some children definitely march to the tune of their very own drummer, but others may simply not hear you when you tell them how many laps to run or what time to show up for dinner.

Often says "huh" or responds inappropriately to a question or request. Is easily frustrated.

Volume of personal electronic device is consistently turned up too high.

For HoH: "Life is like a movie with a bad soundtrack"

1 in 5 Americans, 20%, have a hearing problem whether WE know it or not. HoH people have been needlessly misunderstood, assaulted, persecuted, prosecuted and have been shot because they did not hear the word "STOP". "Normal" people with Ear Buds or Headphones "Tune-Out" with similar results.

Hearing Loss has an association with memory problems, loss of cognition and dementia and can lead to anxiety, frustration, embarrassment, low self esteem, isolation, loneliness and depression. The extreme frustration of trying to hear is physically and emotionally draining.

BOTH Speaker and HoH Experience:

Frustration, impatience, anger, dread, actual or anticipated miscommunication, wonder if that even after an explanation that the person still won't get it.

People's perception of a HoH's "attitude problem" can affect the relationship to the point where they can justify abuse as in: "You don't listen to me so I can ignore / manipulate / guilt-trip / abuse you."

"You could hear if you WANTED to!" "If you loved me, you'd know what I mean."

Since a HoH person usually cannot follow conversations WE may do a lot of talking instead of listening.

Keeping Your Batteries Charged



Information You Can Use

10 Commandments of Support For Those With Hearing Loss

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- 1. Thou Shall not speak from another room.**
- 2. Thou shall try to speak face to face.**
- 3. Thou shall not start speaking then turn away.**
- 4. Thou shall try to speak face to face when competing with other sounds, such as TV, music, running water, etc.**
- 5. Thou shall get their attention first, call out their name, then continue with the conversation.**
- 6. Thou shall remove obstructions from your face such as your hand, while speaking.**
- 7. Thou shall try to speak slowly and distinctly.**
- 8. Thou shall not speak of this person as if they are not hearing or not in the room.**
- 9. Thou shall try to be patient with the hearing loss.**
- 10. Thou shall try to be understanding of the hearing loss**

## Early Detected Hearing Loss

Teenagers whose hearing loss has been detected at an early age show better reading comprehension than those diagnosed with hearing loss later in life. Early detection improves reading skills

The earlier in life a hearing loss is detected, the better the chances of learning to read and communicate, a UK study found.

The researchers that detecting hearing loss and intervening at a very early age can make a lifelong difference in development.

The researchers have followed 76 teenagers with permanent hearing loss and assessed their reading skills from the age of six to ten and again nine years later.

### Early detection is crucial.

There is an effective and acceptable screening test that can be carried out on newborn babies.


*The study was published in the Archives of Disease in Childhood.*

Source: [www.foxnews.com](http://www.foxnews.com)

## Understanding Conversations in Groups.

A major concern for people with very significant hearing loss is understanding conversations in groups. Most people frequently seem unaware that people with hearing loss who need to lipread cannot easily join other people's conversations and that they need visual clues to know who is talking and when in order to be able to speechread them right away. Even when they're told this, it's still hard for them to change life-long communication habits.

The result is that even if everyone in the group knows a person has a severe hearing loss, frequently few of them seem to try to accommodate the person's hearing loss, perhaps because they have no idea how to do so.



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[www.rspf.org](http://www.rspf.org)



Membership in HAA is \$20 student, \$35 individuals, \$45 for couple/family, \$60 professional. It includes the award-winning bi-monthly magazine, *Hearing Loss*. Write HAA, 7910 Woodmont Ave., Ste.

1200, Bethesda, MD 20814; 301-657-2248 (Voice); 301-657-224 (TTY); 301-913-9413 (Fax) or [www.hearingloss.org](http://www.hearingloss.org). Get the latest e-news: <http://www.hearingloss.org/membership/Sen.asp>.

All ads are subject to review. Preference will be given to advertisers offering goods and services to hard-of-hearing and deaf people. Mention of goods or services in articles or advertisements does not indicate HLA endorsement, nor does exclusion suggest disapproval.





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*Above: Brad Smith Au D*

*Katherine Swem Au D*

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### Can't Hear With Background Noise?

Or do you have difficulty understanding words on TV or having a telephone conversation? 30 million Americans have this type of hearing problem. Hearing aids help very little when there is noise present and make it worse in loud noise. They work best in low noise, "living room" situations. Background noise (especially speech) and long distances to the sound source, make you unable to distinguish words.

I know because I struggled with this problem for over 10 years as my hearing got worse until I discovered the existence of Assistive Listening Devices (ALDs). These devices bring the sound source closer while at the same time increasing the high frequencies that make words crisp. This improves your understanding dramatically in noisy backgrounds. Personal amplifiers, like the **Audable Personal Listener (\$79.99 - w/ headphones & earphones)**, are used in restaurants, automobiles, and small groups to enable you to UNDERSTAND what is being said. **45-day price refund.**

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### Help us Spread the Word!

**Do you know someone who might like to know about the help available with HLA? Send us their name and address and we'll send them a Welcome Packet.**

This space could be yours for special personal announcements

(Congratulations/Birthdays/ Memorials, etc.)

Member: \$20 non Member \$30

For 1/4 page size: \$45 member

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\* App requires an Android-powered device with OS 2.2 or higher.

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## Hearing Loss Assoc. of Lane County Chapter Fee and National Membership Form

Please fill out this form /survey and turn in at the general meeting or mail to HLA - Lane Co., PO Box 22501, Eugene, OR 97402.

I have enclosed: Chapter fees \_\_\_\_\_ \$10.00 Chapter Donation of \$ \_\_\_\_\_  
National dues \_\_\_\_\_ \$35.00 (regular) \$70 \_\_\_\_\_ (professional)\*

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Preferred phone: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Occupation (*former occupation if retired*) : \_\_\_\_\_

Why are you joining us?

What most interests/puzzles you about hearing or hearing devices?

Are you interested in volunteering? What would you like to do?

How did you learn about us \_\_\_\_\_?

Would you like to be on our email news list: \_\_\_\_\_ Yes \_\_\_\_\_ No

\*Donations to either the national organization or our local chapter are always welcome and are tax deductible. (We do not share our information lists with anyone else. Receipts will gladly be provided.)

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This copy is  
free-  
please feel free  
to take it.

If the month & year on your mailing label have already passed, it's time to renew your membership! Please use the form on page 6 to pay your dues

## "Withholding Requests for Disability Accommodations and how it can hurt you in the work place"

**David C. Baldrige, Ph.D.**, is a Newcomb Fellow, an Associate Professor of Management and Director of Off-campus MBA Programs at OSU. He is deafened and has bilateral cochlear implants.

Research suggest that people with disabilities often do not request needed workplace accommodations, though relatively few studies address which factors influence the extent of such potentially self-limiting behavior.

Interesting Fact: The strength of the relationship between age and request withholding frequency was significantly weaker when the disability was more severe and when the age of disability onset was earlier.

## Calendar

**Board Meeting Nov 3**  
3:30 to 5 pm Members Welcome  
Hilyard Community Ctr.  
2580 Hilyard St Eugene

Membership meetings are the 2nd Thursday of the month. They are accessible for all degrees of hearing loss by amplification—loop assistive listening systems.

**Real time captioning by CC Reporting**  
(Debby, Chris, ad Jan)