

# HEARING REHABILITATION OPTIONS

**Many people believe that the only option for a hearing loss is a hearing aid.**

**This is not so.**

At The University of Queensland Health & Rehabilitation- Audiology (Hearing) Clinic we offer a range of flexible options, which will be discussed at your first appointment. A summary of each is provided below. The options can even be combined (for example: hearing aids and a communication program).

## **Hearing Aids and Hearing training / Assistive Listening Devices (ALDs)**

- There are a wide range of hearing aids, in different price brackets, to select from.
- The majority of people get great benefit from modern hearing aids, but only if they are worn consistently.
- You get to trial the hearing aid/s for 30 days.
- The program involves 3-4 appointments.
- Hearing Communication Training will occur in appointments.
- ALDs are for specific listening situations (for example: a device to help you hear the TV better, or a special microphone to hear better at meetings).
- ALDs can be used with or without hearing aids.



## **Take home Individual Hearing Communication Program (I-ACE)**

- This program involves reading information and completing activities at home. It is designed for you to learn ways to cope with your hearing difficulties.
- It involves several hours of reading and activities per week.
- You can involve a friend or family member.
- It can be done with or without a HA.
- The cost is \$60 (included at no cost with the purchase of a hearing aid)

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## Group Hearing Communication Program (ACE)

- In this program you will learn new ways to cope with your hearing difficulties.
- The program involves 5 group sessions.
- These are held at The University of Queensland. However, you can also attend over the phone or using Skype.
- A family member or friend can come along as well.
- It can be done with or without a hearing aid.
- The cost is \$60 (included at no cost with the purchase of a hearing aid).



### No intervention

- You will carry on as you are currently, however, hearing difficulties will continue
- We recommend a hearing review in 1 or 2 years.

### What options are you interested in hearing more about at your appointment?

Hearing Aids & Hearing Training / Assistive Listening Devices

Take Home Individual Hearing Communication Program (I-ACE)

Group Hearing Communication Program (ACE)

No intervention