

WEBVTT

NOTE duration: "00:23:53.800"

NOTE Confidence: 0.96642876

00:00:10.375 --> 00:00:12.135 Hi. I'm Meg Wolhagen, and

NOTE Confidence: 0.96642876

00:00:12.135 --> 00:00:13.175 I'm a professor at the

NOTE Confidence: 0.96642876

00:00:13.175 --> 00:00:14.775 University of California in San

NOTE Confidence: 0.96642876

00:00:14.775 --> 00:00:15.895 Francisco in the School of

NOTE Confidence: 0.96642876

00:00:15.895 --> 00:00:17.735 Nursing. And I'm really pleased

NOTE Confidence: 0.96642876

00:00:17.735 --> 00:00:19.100 to be here to talk

NOTE Confidence: 0.96642876

00:00:19.100 --> 00:00:20.160 with you briefly

NOTE Confidence: 0.9953556

00:00:20.620 --> 00:00:22.380 about hearing loss and its

NOTE Confidence: 0.9953556

00:00:22.380 --> 00:00:23.520 effect on communication.

NOTE Confidence: 0.9949265

00:00:24.860 --> 00:00:25.820 I think it's this is

NOTE Confidence: 0.9949265

00:00:25.820 --> 00:00:27.340 sort of an introductory kind

NOTE Confidence: 0.9949265

00:00:27.340 --> 00:00:28.080 of webinar,

NOTE Confidence: 0.9895711

00:00:28.845 --> 00:00:30.045 and I look forward to

NOTE Confidence: 0.9895711

00:00:30.045 --> 00:00:31.904 hearing any comments or suggestions

NOTE Confidence: 0.9895711

00:00:32.045 --> 00:00:33.805 for future events. But I
NOTE Confidence: 0.9895711

00:00:33.805 --> 00:00:34.845 would love to talk more
NOTE Confidence: 0.9895711

00:00:34.845 --> 00:00:37.585 about interventions. The focus today
NOTE Confidence: 0.9895711

00:00:37.720 --> 00:00:38.680 is a little more direct
NOTE Confidence: 0.9895711

00:00:38.680 --> 00:00:40.040 on the impact of hearing
NOTE Confidence: 0.9895711

00:00:40.040 --> 00:00:41.340 loss on communication.
NOTE Confidence: 0.9853077

00:00:42.760 --> 00:00:43.720 This is a bit about
NOTE Confidence: 0.9853077

00:00:43.720 --> 00:00:44.220 me,
NOTE Confidence: 0.9127547

00:00:45.000 --> 00:00:46.475 but I've been, a nurse
NOTE Confidence: 0.9127547

00:00:46.475 --> 00:00:47.735 for a fair amount of
NOTE Confidence: 0.9127547

00:00:47.735 --> 00:00:49.414 time, initially graduating from St.
NOTE Confidence: 0.9127547

00:00:49.414 --> 00:00:50.635 Luke's Hospital in,
NOTE Confidence: 0.9533152

00:00:51.094 --> 00:00:52.774 New York City and then
NOTE Confidence: 0.9533152

00:00:52.774 --> 00:00:54.135 going on after working for
NOTE Confidence: 0.9533152

00:00:54.135 --> 00:00:55.495 years to get my master's
NOTE Confidence: 0.9533152

00:00:55.495 --> 00:00:56.155 and doctorate.

NOTE Confidence: 0.97991675

00:00:56.650 --> 00:00:57.850 But I have been focusing

NOTE Confidence: 0.97991675

00:00:57.850 --> 00:00:59.450 my work on hearing loss

NOTE Confidence: 0.97991675

00:00:59.450 --> 00:01:01.150 for quite some time.

NOTE Confidence: 0.9767916

00:01:02.010 --> 00:01:03.150 This is a disclaimer,

NOTE Confidence: 0.97595227

00:01:03.610 --> 00:01:05.150 in terms of the content

NOTE Confidence: 0.97595227

00:01:05.209 --> 00:01:06.735 of this particular webinar.

NOTE Confidence: 0.9708865

00:01:07.515 --> 00:01:09.215 And today, the focus is,

NOTE Confidence: 0.9967689

00:01:09.914 --> 00:01:11.914 looking at age related changes

NOTE Confidence: 0.9967689

00:01:11.914 --> 00:01:12.735 in hearing,

NOTE Confidence: 0.9859624

00:01:13.410 --> 00:01:14.310 trying to explain

NOTE Confidence: 0.9997865

00:01:14.770 --> 00:01:16.550 the impact of hearing impairment

NOTE Confidence: 0.9997679

00:01:16.930 --> 00:01:17.670 on speech

NOTE Confidence: 0.91767937

00:01:17.970 --> 00:01:19.650 and in speech understanding and

NOTE Confidence: 0.91767937

00:01:19.650 --> 00:01:20.870 why it's so important,

NOTE Confidence: 0.99843806

00:01:21.425 --> 00:01:23.125 and then discuss some communication

NOTE Confidence: 0.99651134

00:01:23.505 --> 00:01:24.005 strategies.
NOTE Confidence: 0.9912976

00:01:25.825 --> 00:01:26.325 Hearing
NOTE Confidence: 0.9121487

00:01:26.944 --> 00:01:28.465 is broad and it has
NOTE Confidence: 0.9121487

00:01:28.465 --> 00:01:30.405 many, many important functions.
NOTE Confidence: 0.97039765

00:01:31.266 --> 00:01:32.120 It of course, we always
NOTE Confidence: 0.97039765

00:01:32.120 --> 00:01:33.560 think about the importance of
NOTE Confidence: 0.97039765

00:01:33.560 --> 00:01:35.240 engagement with others in terms
NOTE Confidence: 0.97039765

00:01:35.240 --> 00:01:36.220 of social settings,
NOTE Confidence: 0.95372313

00:01:36.600 --> 00:01:37.800 the small talk that goes
NOTE Confidence: 0.95372313

00:01:37.800 --> 00:01:39.775 on. But it's also critically
NOTE Confidence: 0.95372313

00:01:39.834 --> 00:01:42.315 important to hearing sirens, hearing
NOTE Confidence: 0.95372313

00:01:42.315 --> 00:01:42.815 alarms,
NOTE Confidence: 0.9847481

00:01:43.115 --> 00:01:44.475 and cars. And we'll talk
NOTE Confidence: 0.9847481

00:01:44.475 --> 00:01:46.350 more when you realize the
NOTE Confidence: 0.9847481

00:01:46.430 --> 00:01:47.630 kind of hearing loss that
NOTE Confidence: 0.9847481

00:01:47.630 --> 00:01:49.890 occurs with aging, especially,

NOTE Confidence: 0.99159944
00:01:50.750 --> 00:01:52.610 that those become less,
NOTE Confidence: 0.9971379
00:01:53.390 --> 00:01:55.009 able for people to hear.
NOTE Confidence: 0.94314736
00:01:55.955 --> 00:01:57.315 It connects us to nature.
NOTE Confidence: 0.9837313
00:01:57.795 --> 00:01:58.835 Many of the times when
NOTE Confidence: 0.9837313
00:01:58.835 --> 00:02:00.515 I talk to individuals who
NOTE Confidence: 0.9837313
00:02:00.515 --> 00:02:01.415 get their hearing
NOTE Confidence: 0.9895499
00:02:02.650 --> 00:02:04.250 mitigated through hearing aids or
NOTE Confidence: 0.9895499
00:02:04.250 --> 00:02:05.290 other kinds of things, they
NOTE Confidence: 0.9895499
00:02:05.290 --> 00:02:06.330 talk about being able to
NOTE Confidence: 0.9895499
00:02:06.330 --> 00:02:07.150 hear the birds.
NOTE Confidence: 0.9667255
00:02:07.530 --> 00:02:09.150 So it keeps us grounded.
NOTE Confidence: 0.9667255
00:02:09.210 --> 00:02:10.490 It's important. And we know
NOTE Confidence: 0.9667255
00:02:10.490 --> 00:02:11.770 that isolation is a real
NOTE Confidence: 0.9667255
00:02:11.770 --> 00:02:13.435 problem for any of us
NOTE Confidence: 0.9667255
00:02:13.435 --> 00:02:14.474 in terms of not being
NOTE Confidence: 0.9667255

00:02:14.474 --> 00:02:15.514 able to engage in our
NOTE Confidence: 0.9667255

00:02:15.514 --> 00:02:16.014 environments.
NOTE Confidence: 0.9572607

00:02:16.954 --> 00:02:18.075 More and more, we realize
NOTE Confidence: 0.9572607

00:02:18.075 --> 00:02:20.174 the importance of cognitive stimulation,
NOTE Confidence: 0.93212426

00:02:20.930 --> 00:02:22.630 keeping the ear brain connection
NOTE Confidence: 0.93212426

00:02:22.690 --> 00:02:24.310 and the information exchange.
NOTE Confidence: 0.9989713

00:02:24.770 --> 00:02:26.130 And something that I've been
NOTE Confidence: 0.9989713

00:02:26.130 --> 00:02:27.490 very interested in over the
NOTE Confidence: 0.9989713

00:02:27.490 --> 00:02:28.870 years is safe communication
NOTE Confidence: 0.9092887

00:02:29.895 --> 00:02:31.355 in our health care setting.
NOTE Confidence: 0.99073106

00:02:32.055 --> 00:02:33.655 It's important that people don't
NOTE Confidence: 0.99073106

00:02:33.655 --> 00:02:34.155 misunderstand.
NOTE Confidence: 0.9950474

00:02:34.615 --> 00:02:35.975 They understand what we say
NOTE Confidence: 0.9950474

00:02:35.975 --> 00:02:37.355 in terms of treatment plans
NOTE Confidence: 0.9950474

00:02:37.580 --> 00:02:39.340 or what medications to use
NOTE Confidence: 0.9950474

00:02:39.340 --> 00:02:40.080 and why.

NOTE Confidence: 0.9839399
00:02:41.340 --> 00:02:43.100 It's also related to have
NOTE Confidence: 0.9839399
00:02:43.340 --> 00:02:45.120 to many negative outcomes.
NOTE Confidence: 0.9628101
00:02:45.974 --> 00:02:47.174 It's been a long time
NOTE Confidence: 0.9628101
00:02:47.174 --> 00:02:48.215 we know that it's related
NOTE Confidence: 0.9628101
00:02:48.215 --> 00:02:49.514 to depression and loneliness,
NOTE Confidence: 0.9985769
00:02:50.215 --> 00:02:51.275 low self esteem,
NOTE Confidence: 0.96554035
00:02:52.294 --> 00:02:54.055 isolation because people don't go
NOTE Confidence: 0.96554035
00:02:54.055 --> 00:02:55.340 out when they can't engage
NOTE Confidence: 0.96554035
00:02:55.340 --> 00:02:56.319 in your environment,
NOTE Confidence: 0.9786401
00:02:57.019 --> 00:02:58.480 altered and impaired relationships,
NOTE Confidence: 0.99582165
00:02:59.980 --> 00:03:01.840 delirium risk in the hospital
NOTE Confidence: 0.99582165
00:03:01.900 --> 00:03:02.400 setting,
NOTE Confidence: 0.9456985
00:03:02.825 --> 00:03:04.745 and functional changes in fall.
NOTE Confidence: 0.9456985
00:03:04.745 --> 00:03:06.185 And, of course, people do
NOTE Confidence: 0.9456985
00:03:06.185 --> 00:03:06.685 feel
NOTE Confidence: 0.96778846

00:03:06.985 --> 00:03:08.745 often the stigma. They're either
NOTE Confidence: 0.96778846

00:03:08.745 --> 00:03:10.584 feeling stigmatized themselves or they
NOTE Confidence: 0.96778846

00:03:10.584 --> 00:03:11.864 think their hearing aids are
NOTE Confidence: 0.96778846

00:03:11.864 --> 00:03:12.364 stigmatizing.
NOTE Confidence: 0.9839555

00:03:13.209 --> 00:03:14.010 And then more and more,
NOTE Confidence: 0.9839555

00:03:14.010 --> 00:03:14.909 as I mentioned,
NOTE Confidence: 0.98347646

00:03:15.209 --> 00:03:17.629 cognitive changes and cognitive impairment
NOTE Confidence: 0.98347646

00:03:17.690 --> 00:03:19.370 seems related or hearing loss
NOTE Confidence: 0.98347646

00:03:19.370 --> 00:03:20.110 is connected.
NOTE Confidence: 0.98580825

00:03:20.535 --> 00:03:22.055 The exact connection and why
NOTE Confidence: 0.98580825

00:03:22.055 --> 00:03:23.575 that's true, we're not always
NOTE Confidence: 0.98580825

00:03:23.895 --> 00:03:25.495 we don't clearly have a
NOTE Confidence: 0.98580825

00:03:25.495 --> 00:03:26.615 good idea at this point.
NOTE Confidence: 0.98580825

00:03:26.615 --> 00:03:27.495 It's only one of the
NOTE Confidence: 0.98580825

00:03:27.495 --> 00:03:28.555 many risk factors.
NOTE Confidence: 0.9986964

00:03:28.970 --> 00:03:30.410 But it's important to keep

NOTE Confidence: 0.9986964
00:03:30.410 --> 00:03:31.550 the brain stimulated
NOTE Confidence: 0.975703
00:03:31.850 --> 00:03:34.110 through engaging in, conversations
NOTE Confidence: 0.9971952
00:03:34.410 --> 00:03:35.150 and learning.
NOTE Confidence: 0.9316871
00:03:36.525 --> 00:03:37.485 When we look at the
NOTE Confidence: 0.9316871
00:03:37.485 --> 00:03:37.985 ear,
NOTE Confidence: 0.9852437
00:03:38.685 --> 00:03:40.065 I find the ear just
NOTE Confidence: 0.9852437
00:03:40.125 --> 00:03:41.345 an absolutely remarkable,
NOTE Confidence: 0.31250995
00:03:42.205 --> 00:03:42.705 organ
NOTE Confidence: 0.873382
00:03:43.245 --> 00:03:43.745 system.
NOTE Confidence: 0.97158575
00:03:44.489 --> 00:03:46.010 But you think about the
NOTE Confidence: 0.97158575
00:03:46.010 --> 00:03:47.150 air going in,
NOTE Confidence: 0.9575525
00:03:47.849 --> 00:03:49.290 and this is air conduction,
NOTE Confidence: 0.9575525
00:03:49.290 --> 00:03:50.170 if you will, it hits
NOTE Confidence: 0.9575525
00:03:50.170 --> 00:03:51.470 the trochanic membrane,
NOTE Confidence: 0.94991964
00:03:52.265 --> 00:03:54.525 stimulates these tiny little bones,
NOTE Confidence: 0.94991964

00:03:54.665 --> 00:03:55.165 pussicles
NOTE Confidence: 0.911548
00:03:55.465 --> 00:03:56.985 in the middle ear that's
NOTE Confidence: 0.911548
00:03:56.985 --> 00:03:59.405 mechanical. Now it's transferred then
NOTE Confidence: 0.911548
00:03:59.490 --> 00:04:00.930 to the inner ear where
NOTE Confidence: 0.911548
00:04:00.930 --> 00:04:02.450 now it's fluid. So it's
NOTE Confidence: 0.911548
00:04:02.450 --> 00:04:03.490 moving the fluid in the
NOTE Confidence: 0.911548
00:04:03.490 --> 00:04:04.710 ear that stimulates
NOTE Confidence: 0.9441869
00:04:05.330 --> 00:04:06.230 the hair cells.
NOTE Confidence: 0.94411147
00:04:06.585 --> 00:04:08.185 Using some examples of hair
NOTE Confidence: 0.94411147
00:04:08.185 --> 00:04:09.225 cells on the side, we
NOTE Confidence: 0.94411147
00:04:09.225 --> 00:04:11.145 have three outer hair cells,
NOTE Confidence: 0.94411147
00:04:11.145 --> 00:04:12.765 layers of outer hair cells
NOTE Confidence: 0.94411147
00:04:12.825 --> 00:04:14.185 that connect to inner hair
NOTE Confidence: 0.94411147
00:04:14.185 --> 00:04:14.685 cells
NOTE Confidence: 0.9923505
00:04:15.130 --> 00:04:16.490 that actually are connected to
NOTE Confidence: 0.9923505
00:04:16.490 --> 00:04:18.730 the auditory nerve that goes

NOTE Confidence: 0.9923505
00:04:18.730 --> 00:04:19.550 to the brain.
NOTE Confidence: 0.98572886
00:04:20.089 --> 00:04:22.029 And it's important to realize
NOTE Confidence: 0.98572886
00:04:22.089 --> 00:04:23.870 we hear in the brain.
NOTE Confidence: 0.9868018
00:04:24.224 --> 00:04:25.824 We don't hear just by
NOTE Confidence: 0.9868018
00:04:25.824 --> 00:04:27.504 peripheral types of things. But
NOTE Confidence: 0.9868018
00:04:27.504 --> 00:04:28.705 in order for the brain
NOTE Confidence: 0.9868018
00:04:28.705 --> 00:04:30.485 to understand what's being said,
NOTE Confidence: 0.99534386
00:04:30.785 --> 00:04:32.065 it has to get good
NOTE Confidence: 0.99534386
00:04:32.065 --> 00:04:32.565 signals.
NOTE Confidence: 0.9988943
00:04:33.009 --> 00:04:34.050 And if any of those
NOTE Confidence: 0.9988943
00:04:34.050 --> 00:04:35.889 hair cells are not functioning
NOTE Confidence: 0.9988943
00:04:35.889 --> 00:04:37.110 well, then
NOTE Confidence: 0.98453134
00:04:37.570 --> 00:04:39.350 we don't get good information
NOTE Confidence: 0.98453134
00:04:39.490 --> 00:04:40.690 to the brain, and we
NOTE Confidence: 0.98453134
00:04:40.690 --> 00:04:41.509 can misinterpret
NOTE Confidence: 0.9815415

00:04:41.974 --> 00:04:42.474 misinterpret
NOTE Confidence: 0.998422

00:04:42.775 --> 00:04:44.315 the information that we're getting.
NOTE Confidence: 0.99262047

00:04:44.935 --> 00:04:46.634 But what is so remarkable
NOTE Confidence: 0.99262047

00:04:46.854 --> 00:04:48.694 is just how fast this
NOTE Confidence: 0.99262047

00:04:48.694 --> 00:04:49.194 happens.
NOTE Confidence: 0.99233514

00:04:49.640 --> 00:04:50.920 And you can think about
NOTE Confidence: 0.99233514

00:04:50.920 --> 00:04:52.940 anything that changes the processing
NOTE Confidence: 0.9930319

00:04:53.480 --> 00:04:55.180 will also affect how quickly
NOTE Confidence: 0.9930319

00:04:55.480 --> 00:04:57.240 we can listen to or
NOTE Confidence: 0.9930319

00:04:57.240 --> 00:04:58.380 understand information.
NOTE Confidence: 0.9970368

00:04:59.275 --> 00:05:00.475 So if the signals are
NOTE Confidence: 0.9970368

00:05:00.475 --> 00:05:01.515 not getting up there very
NOTE Confidence: 0.9970368

00:05:01.515 --> 00:05:02.555 well, it's gonna be more
NOTE Confidence: 0.9970368

00:05:02.555 --> 00:05:03.375 of a struggle.
NOTE Confidence: 0.99974346

00:05:03.995 --> 00:05:05.214 So when we think about
NOTE Confidence: 0.9405694

00:05:05.675 --> 00:05:06.175 the,

NOTE Confidence: 0.9995445
00:05:06.955 --> 00:05:09.055 actual way in which hearing
NOTE Confidence: 0.99974114
00:05:09.419 --> 00:05:09.919 occurs
NOTE Confidence: 0.96185136
00:05:10.380 --> 00:05:12.060 is that along that,
NOTE Confidence: 0.8685029
00:05:13.339 --> 00:05:14.000 the the cochlea,
NOTE Confidence: 0.893434
00:05:14.940 --> 00:05:16.960 we have the hair cells
NOTE Confidence: 0.893434
00:05:17.100 --> 00:05:17.839 are aligned,
NOTE Confidence: 0.809758
00:05:18.945 --> 00:05:20.404 where high frequencies
NOTE Confidence: 0.9789652
00:05:20.705 --> 00:05:22.065 early, and then as you
NOTE Confidence: 0.9789652
00:05:22.065 --> 00:05:23.505 move into the cochlea, you
NOTE Confidence: 0.9789652
00:05:23.505 --> 00:05:24.964 have more low frequency
NOTE Confidence: 0.9449116
00:05:25.265 --> 00:05:26.885 sounds that are heard,
NOTE Confidence: 0.90892667
00:05:27.339 --> 00:05:28.479 or the,
NOTE Confidence: 0.9274453
00:05:29.020 --> 00:05:30.160 hair cells are more,
NOTE Confidence: 0.9839097
00:05:31.900 --> 00:05:34.720 sensitive to and responsive to
NOTE Confidence: 0.9839097
00:05:34.964 --> 00:05:36.725 different pitches depending on where
NOTE Confidence: 0.9839097

00:05:36.725 --> 00:05:37.865 you are in the cochlea.
NOTE Confidence: 0.99896693

00:05:38.245 --> 00:05:39.285 And it's similar in the
NOTE Confidence: 0.99896693

00:05:39.285 --> 00:05:40.964 brain. It's connected to a
NOTE Confidence: 0.99896693

00:05:40.964 --> 00:05:42.265 very similar organization
NOTE Confidence: 0.9998183

00:05:43.125 --> 00:05:43.945 in the brain.
NOTE Confidence: 0.979517

00:05:44.930 --> 00:05:46.550 So when we think about,
NOTE Confidence: 0.91474193

00:05:47.170 --> 00:05:48.930 this is a schematic, an
NOTE Confidence: 0.91474193

00:05:48.930 --> 00:05:49.430 audiogram,
NOTE Confidence: 0.95272636

00:05:49.889 --> 00:05:51.430 where you have low frequency
NOTE Confidence: 0.95272636

00:05:51.490 --> 00:05:53.430 sounds to high frequency sounds.
NOTE Confidence: 0.9977578

00:05:53.995 --> 00:05:55.535 There's what they call the
NOTE Confidence: 0.9885364

00:05:55.915 --> 00:05:56.735 speech banana.
NOTE Confidence: 0.9988369

00:05:57.755 --> 00:05:58.575 But what's
NOTE Confidence: 0.9732934

00:05:59.035 --> 00:06:00.635 important to understand with age
NOTE Confidence: 0.9732934

00:06:00.635 --> 00:06:01.835 related, there are many kinds
NOTE Confidence: 0.9732934

00:06:01.835 --> 00:06:03.080 of hearing loss. We're focusing

NOTE Confidence: 0.9732934
00:06:03.220 --> 00:06:04.660 most on the kinds of,
NOTE Confidence: 0.99962234
00:06:05.140 --> 00:06:05.640 hearing
NOTE Confidence: 0.97763515
00:06:06.020 --> 00:06:07.380 impairment that we get as
NOTE Confidence: 0.97763515
00:06:07.380 --> 00:06:08.200 we get older.
NOTE Confidence: 0.9724735
00:06:08.660 --> 00:06:10.420 Usually, the common type of
NOTE Confidence: 0.9724735
00:06:10.420 --> 00:06:12.735 hearing loss is that low
NOTE Confidence: 0.9724735
00:06:12.735 --> 00:06:14.495 frequency sounds tend to be
NOTE Confidence: 0.9724735
00:06:14.495 --> 00:06:16.034 your a, e, I, o,
NOTE Confidence: 0.98490757
00:06:16.574 --> 00:06:17.055 u, the,
NOTE Confidence: 0.89597356
00:06:17.534 --> 00:06:18.514 vowel sounds.
NOTE Confidence: 0.9241067
00:06:19.440 --> 00:06:21.700 Whereas the high frequency sounds
NOTE Confidence: 0.9241067
00:06:22.000 --> 00:06:23.279 tend to be the ch
NOTE Confidence: 0.9241067
00:06:23.279 --> 00:06:24.500 ch, the consonants.
NOTE Confidence: 0.99974304
00:06:25.440 --> 00:06:26.580 Why that's important
NOTE Confidence: 0.9923736
00:06:27.040 --> 00:06:28.420 is that the consonants
NOTE Confidence: 0.99767095

00:06:29.264 --> 00:06:30.725 make language understandable.

NOTE Confidence: 0.9858795

00:06:31.585 --> 00:06:33.125 The vowels, the low frequency

NOTE Confidence: 0.9858795

00:06:33.264 --> 00:06:34.865 sounds tend to be more

NOTE Confidence: 0.9858795

00:06:34.865 --> 00:06:35.604 for audibility

NOTE Confidence: 0.9928964

00:06:36.384 --> 00:06:37.205 rather than

NOTE Confidence: 0.9993849

00:06:37.820 --> 00:06:38.320 understandable

NOTE Confidence: 0.9680046

00:06:38.700 --> 00:06:40.700 and have had audiologists share

NOTE Confidence: 0.9680046

00:06:40.700 --> 00:06:41.740 the idea that if you

NOTE Confidence: 0.9680046

00:06:41.740 --> 00:06:43.120 do a crossword puzzle

NOTE Confidence: 0.9899518

00:06:43.500 --> 00:06:44.800 and you get all the

NOTE Confidence: 0.9976736

00:06:45.260 --> 00:06:45.760 vowels,

NOTE Confidence: 0.99044645

00:06:46.185 --> 00:06:46.985 you may not be able

NOTE Confidence: 0.99044645

00:06:46.985 --> 00:06:48.185 to guess the word. But

NOTE Confidence: 0.99044645

00:06:48.185 --> 00:06:49.404 if you get the consonants,

NOTE Confidence: 0.9867125

00:06:49.865 --> 00:06:51.544 you often can. And in

NOTE Confidence: 0.9867125

00:06:51.544 --> 00:06:52.745 some ways, that's very similar

NOTE Confidence: 0.9867125

00:06:52.745 --> 00:06:53.645 to our understanding.

NOTE Confidence: 0.9988607

00:06:54.185 --> 00:06:55.805 So if you start losing

NOTE Confidence: 0.99665785

00:06:56.170 --> 00:06:56.990 those consonants,

NOTE Confidence: 0.99697256

00:06:57.450 --> 00:06:59.690 your understanding of speech becomes

NOTE Confidence: 0.99697256

00:06:59.690 --> 00:07:00.750 much more difficult.

NOTE Confidence: 0.9997137

00:07:01.370 --> 00:07:02.570 And what we see with

NOTE Confidence: 0.9997137

00:07:02.570 --> 00:07:03.070 aging

NOTE Confidence: 0.8959085

00:07:03.884 --> 00:07:05.104 is that in general,

NOTE Confidence: 0.8988581

00:07:05.565 --> 00:07:07.324 there's some loss potentially at

NOTE Confidence: 0.8988581

00:07:07.324 --> 00:07:08.305 the lower frequency,

NOTE Confidence: 0.96950775

00:07:08.925 --> 00:07:11.104 but much, much more loss

NOTE Confidence: 0.96950775

00:07:11.324 --> 00:07:12.465 at the higher frequencies,

NOTE Confidence: 0.9982718

00:07:13.260 --> 00:07:14.860 which means that you're cutting

NOTE Confidence: 0.9982718

00:07:14.860 --> 00:07:16.480 off some of those consonants.

NOTE Confidence: 0.9992209

00:07:17.180 --> 00:07:18.220 And what that means to

NOTE Confidence: 0.9992209

00:07:18.220 --> 00:07:18.720 hearing
NOTE Confidence: 0.99779326

00:07:19.020 --> 00:07:20.080 is you can misinterpret
NOTE Confidence: 0.9780159

00:07:20.860 --> 00:07:21.360 language.
NOTE Confidence: 0.99918795

00:07:22.035 --> 00:07:24.195 So it's really important to
NOTE Confidence: 0.99918795

00:07:24.195 --> 00:07:24.695 understand
NOTE Confidence: 0.91787726

00:07:25.395 --> 00:07:27.075 if you're hearing through the
NOTE Confidence: 0.91787726

00:07:27.075 --> 00:07:28.115 ears of someone who has
NOTE Confidence: 0.91787726

00:07:28.115 --> 00:07:28.935 hearing loss,
NOTE Confidence: 0.9835469

00:07:29.470 --> 00:07:31.150 it's not like wearing ear
NOTE Confidence: 0.9835469

00:07:31.310 --> 00:07:31.810 earplugs.
NOTE Confidence: 0.99922895

00:07:32.670 --> 00:07:33.570 It's a misconception
NOTE Confidence: 0.92511594

00:07:33.950 --> 00:07:34.690 that's usually
NOTE Confidence: 0.7204929

00:07:34.990 --> 00:07:35.730 an audibility
NOTE Confidence: 0.9175783

00:07:36.110 --> 00:07:37.310 type of a problem when
NOTE Confidence: 0.9175783

00:07:37.310 --> 00:07:38.370 you put in earplugs.
NOTE Confidence: 0.97459686

00:07:38.875 --> 00:07:40.235 It decreases the sound that

NOTE Confidence: 0.97459686
00:07:40.235 --> 00:07:40.975 you receive,
NOTE Confidence: 0.997789
00:07:41.275 --> 00:07:42.575 but it doesn't distort
NOTE Confidence: 0.9912435
00:07:42.955 --> 00:07:44.395 the language the way that
NOTE Confidence: 0.9912435
00:07:44.395 --> 00:07:45.455 hearing loss does.
NOTE Confidence: 0.96879685
00:07:46.000 --> 00:07:47.620 Hearing loss is a distortion
NOTE Confidence: 0.96879685
00:07:47.680 --> 00:07:49.300 and a muffling of sound,
NOTE Confidence: 0.9837754
00:07:49.680 --> 00:07:51.199 not just a decrease in
NOTE Confidence: 0.9837754
00:07:51.199 --> 00:07:52.720 sound. So if you read
NOTE Confidence: 0.9837754
00:07:52.720 --> 00:07:54.160 this real quick, you'll probably
NOTE Confidence: 0.9837754
00:07:54.160 --> 00:07:56.305 have problems reading it because
NOTE Confidence: 0.9837754
00:07:56.305 --> 00:07:57.765 you've lost the consonant.
NOTE Confidence: 0.99871385
00:07:58.465 --> 00:07:59.205 And so
NOTE Confidence: 0.9002002
00:08:00.065 --> 00:08:00.565 individuals,
NOTE Confidence: 0.99423677
00:08:00.945 --> 00:08:02.325 when they try to hear
NOTE Confidence: 0.99423677
00:08:02.385 --> 00:08:04.165 and they listen really intently,
NOTE Confidence: 0.99423677

00:08:04.225 --> 00:08:05.425 they're trying to fill that
NOTE Confidence: 0.99423677

00:08:05.425 --> 00:08:05.810 in.
NOTE Confidence: 0.96439517

00:08:07.090 --> 00:08:08.770 Brain does that quite well
NOTE Confidence: 0.96439517

00:08:08.770 --> 00:08:10.310 often, but it can misinterpret.
NOTE Confidence: 0.9326519

00:08:10.930 --> 00:08:12.290 It gets the context and
NOTE Confidence: 0.9326519

00:08:12.290 --> 00:08:14.050 it'll think what's right, and
NOTE Confidence: 0.9326519

00:08:14.050 --> 00:08:15.345 so we end up with,
NOTE Confidence: 0.99833393

00:08:15.745 --> 00:08:17.925 what's often considered kind of
NOTE Confidence: 0.92552704

00:08:18.945 --> 00:08:20.625 funny things, but and then
NOTE Confidence: 0.92552704

00:08:20.625 --> 00:08:21.745 the other piece to to
NOTE Confidence: 0.92552704

00:08:21.745 --> 00:08:23.345 remember is that mask further
NOTE Confidence: 0.92552704

00:08:23.345 --> 00:08:24.565 muffled these sounds,
NOTE Confidence: 0.89924127

00:08:24.980 --> 00:08:27.320 especially filtering high frequency sounds.
NOTE Confidence: 0.99683946

00:08:28.820 --> 00:08:30.340 So it makes communication even
NOTE Confidence: 0.99683946

00:08:30.340 --> 00:08:31.080 more difficult.
NOTE Confidence: 0.98285294

00:08:32.024 --> 00:08:33.785 What we do sometimes is

NOTE Confidence: 0.98285294

00:08:33.785 --> 00:08:34.825 we make fun of these

NOTE Confidence: 0.98285294

00:08:34.825 --> 00:08:36.345 things. So you see this

NOTE Confidence: 0.98285294

00:08:36.345 --> 00:08:37.625 person, they say, it's windy

NOTE Confidence: 0.98285294

00:08:37.625 --> 00:08:39.464 today. No. It's Thursday. So

NOTE Confidence: 0.98285294

00:08:39.464 --> 00:08:40.425 am I. Let's have a

NOTE Confidence: 0.98285294

00:08:40.425 --> 00:08:42.350 beer. The idea that these

NOTE Confidence: 0.98285294

00:08:42.350 --> 00:08:43.970 individuals are misinterpreting

NOTE Confidence: 0.8725416

00:08:44.429 --> 00:08:46.130 what the other individuals say.

NOTE Confidence: 0.985281

00:08:46.830 --> 00:08:48.270 People make jokes to this,

NOTE Confidence: 0.985281

00:08:48.270 --> 00:08:49.809 but it's really not funny

NOTE Confidence: 0.92481077

00:08:50.265 --> 00:08:52.445 because so often, those situations

NOTE Confidence: 0.92481077

00:08:52.665 --> 00:08:54.105 can be very emotional. They

NOTE Confidence: 0.92481077

00:08:54.105 --> 00:08:54.605 misinterpret

NOTE Confidence: 0.99723226

00:08:55.385 --> 00:08:56.925 what the person is saying

NOTE Confidence: 0.9776311

00:08:57.520 --> 00:08:59.040 and what the person looks

NOTE Confidence: 0.9776311

00:08:59.040 --> 00:09:00.660 like they're happy or sad,
NOTE Confidence: 0.9776311

00:09:00.800 --> 00:09:02.020 and they respond inappropriately.
NOTE Confidence: 0.9995402

00:09:02.559 --> 00:09:03.700 And they may not even
NOTE Confidence: 0.9646447

00:09:04.160 --> 00:09:05.625 appreciate that they did it.
NOTE Confidence: 0.9646447

00:09:05.705 --> 00:09:07.385 But when they do, they're
NOTE Confidence: 0.9646447

00:09:07.385 --> 00:09:08.205 very embarrassed.
NOTE Confidence: 0.9980349

00:09:08.585 --> 00:09:10.125 And I've had multiple people
NOTE Confidence: 0.9980349

00:09:10.425 --> 00:09:11.804 talk about those experiences.
NOTE Confidence: 0.9581773

00:09:12.585 --> 00:09:13.865 And if it happens in
NOTE Confidence: 0.9581773

00:09:13.865 --> 00:09:15.410 a healthcare setting, that can
NOTE Confidence: 0.9581773

00:09:15.410 --> 00:09:17.010 be really critical because they
NOTE Confidence: 0.9581773

00:09:17.010 --> 00:09:17.910 may misinterpret
NOTE Confidence: 0.9899385

00:09:18.530 --> 00:09:19.190 the information,
NOTE Confidence: 0.95694685

00:09:19.890 --> 00:09:20.950 that they receive.
NOTE Confidence: 0.95353734

00:09:21.330 --> 00:09:22.595 And I know that in,
NOTE Confidence: 0.9759605

00:09:22.995 --> 00:09:24.274 some of our studies around

NOTE Confidence: 0.9759605
00:09:24.274 --> 00:09:26.595 palliative care, the people are
NOTE Confidence: 0.9759605
00:09:26.595 --> 00:09:28.054 often thought to be cognitively
NOTE Confidence: 0.9759605
00:09:28.355 --> 00:09:30.115 impaired or have other kinds
NOTE Confidence: 0.9759605
00:09:30.115 --> 00:09:30.855 of assessments,
NOTE Confidence: 0.9797083
00:09:31.370 --> 00:09:32.649 and they're not included in
NOTE Confidence: 0.9797083
00:09:32.649 --> 00:09:34.170 their discussions that they should
NOTE Confidence: 0.9797083
00:09:34.170 --> 00:09:35.929 be included on just because
NOTE Confidence: 0.9797083
00:09:35.929 --> 00:09:37.290 they can't hear and they
NOTE Confidence: 0.9797083
00:09:37.290 --> 00:09:38.990 haven't had their hearing assessed.
NOTE Confidence: 0.9906594
00:09:40.315 --> 00:09:41.995 So I think in terms
NOTE Confidence: 0.9906594
00:09:41.995 --> 00:09:43.434 of what's important and what
NOTE Confidence: 0.9906594
00:09:43.434 --> 00:09:44.795 I wanna emphasize so much
NOTE Confidence: 0.9906594
00:09:44.795 --> 00:09:45.295 today
NOTE Confidence: 0.9821102
00:09:45.995 --> 00:09:47.855 is the importance of assessment
NOTE Confidence: 0.97267514
00:09:48.250 --> 00:09:50.329 for hearing loss to really
NOTE Confidence: 0.97267514

00:09:50.329 --> 00:09:52.010 appreciate the fact that we
NOTE Confidence: 0.97267514

00:09:52.010 --> 00:09:53.470 need to think of this
NOTE Confidence: 0.97267514

00:09:53.690 --> 00:09:54.889 as part of our health
NOTE Confidence: 0.97267514

00:09:54.889 --> 00:09:55.389 care.
NOTE Confidence: 0.957153

00:09:56.095 --> 00:09:57.775 You can use things like
NOTE Confidence: 0.957153

00:09:57.775 --> 00:09:59.235 a single item question.
NOTE Confidence: 0.99774075

00:09:59.934 --> 00:10:01.635 Do you have difficulty hearing?
NOTE Confidence: 0.8805136

00:10:02.415 --> 00:10:03.934 You can use the Haynes
NOTE Confidence: 0.8805136

00:10:03.934 --> 00:10:06.160 uses statement that asks about
NOTE Confidence: 0.8805136

00:10:06.160 --> 00:10:07.860 best describing your hearing.
NOTE Confidence: 0.94508785

00:10:08.720 --> 00:10:09.920 Would you say your hearing
NOTE Confidence: 0.94508785

00:10:09.920 --> 00:10:10.800 is and then they give
NOTE Confidence: 0.94508785

00:10:10.800 --> 00:10:12.179 a list of things. Excellent.
NOTE Confidence: 0.94508785

00:10:12.240 --> 00:10:13.564 Good. That you have do
NOTE Confidence: 0.94508785

00:10:13.564 --> 00:10:14.925 you have trouble hearing? Did
NOTE Confidence: 0.94508785

00:10:14.925 --> 00:10:16.225 you have moderately trouble?

NOTE Confidence: 0.96568984
00:10:17.804 --> 00:10:19.644 There's, we are now trying
NOTE Confidence: 0.96568984
00:10:19.644 --> 00:10:21.004 to assess a single item
NOTE Confidence: 0.96568984
00:10:21.004 --> 00:10:22.045 to see how accurate it
NOTE Confidence: 0.96568984
00:10:22.045 --> 00:10:22.545 is.
NOTE Confidence: 0.9681119
00:10:22.860 --> 00:10:24.380 But this one from a
NOTE Confidence: 0.9681119
00:10:24.380 --> 00:10:26.300 Dutch study did one asking
NOTE Confidence: 0.9681119
00:10:26.300 --> 00:10:27.520 about, do you have difficulty
NOTE Confidence: 0.9681119
00:10:27.580 --> 00:10:29.420 with your hearing without hearing
NOTE Confidence: 0.9681119
00:10:29.420 --> 00:10:29.920 aids?
NOTE Confidence: 0.9107426
00:10:30.625 --> 00:10:31.985 And they talk about whether
NOTE Confidence: 0.9107426
00:10:31.985 --> 00:10:33.665 they do hear hearing loss
NOTE Confidence: 0.9107426
00:10:33.665 --> 00:10:35.665 or they sometimes don't hear
NOTE Confidence: 0.9107426
00:10:35.665 --> 00:10:37.605 everything or they do hear,
NOTE Confidence: 0.992066
00:10:38.709 --> 00:10:39.990 or they almost never hear
NOTE Confidence: 0.992066
00:10:39.990 --> 00:10:41.130 what's being said.
NOTE Confidence: 0.96654874

00:10:41.670 --> 00:10:43.510 The, the other piece that
NOTE Confidence: 0.96654874

00:10:43.589 --> 00:10:45.269 these are single item, and
NOTE Confidence: 0.96654874

00:10:45.269 --> 00:10:47.130 they're fairly if someone admits
NOTE Confidence: 0.9871615

00:10:47.554 --> 00:10:48.834 that they have some difficulty
NOTE Confidence: 0.9871615

00:10:48.834 --> 00:10:50.195 hearing, you can be pretty
NOTE Confidence: 0.9871615

00:10:50.195 --> 00:10:51.415 sure that it's true,
NOTE Confidence: 0.9937481

00:10:52.515 --> 00:10:54.615 and that that's an important
NOTE Confidence: 0.9937481

00:10:54.675 --> 00:10:55.875 piece in terms of being
NOTE Confidence: 0.9937481

00:10:55.875 --> 00:10:58.199 able to refer them. Unfortunately,
NOTE Confidence: 0.9900522

00:10:58.819 --> 00:11:00.519 individuals don't always realize
NOTE Confidence: 0.9726986

00:11:00.899 --> 00:11:02.339 because hearing loss comes on
NOTE Confidence: 0.9726986

00:11:02.339 --> 00:11:02.839 slowly.
NOTE Confidence: 0.97900915

00:11:03.220 --> 00:11:04.579 So sometimes we it is
NOTE Confidence: 0.97900915

00:11:04.579 --> 00:11:06.454 important to think about doing
NOTE Confidence: 0.97900915

00:11:06.454 --> 00:11:07.995 more of a an objective
NOTE Confidence: 0.97900915

00:11:08.054 --> 00:11:08.554 test.

NOTE Confidence: 0.97763145
00:11:09.334 --> 00:11:10.855 An objective test can be
NOTE Confidence: 0.97763145
00:11:10.855 --> 00:11:11.834 fairly simple.
NOTE Confidence: 0.8657763
00:11:12.694 --> 00:11:14.295 A finger rub test where
NOTE Confidence: 0.8657763
00:11:14.295 --> 00:11:14.760 you,
NOTE Confidence: 0.9945968
00:11:15.480 --> 00:11:17.100 have your hands just about,
NOTE Confidence: 0.9514161
00:11:17.480 --> 00:11:19.240 an arm's length out and
NOTE Confidence: 0.9514161
00:11:19.240 --> 00:11:21.480 sort of rubbing individually very
NOTE Confidence: 0.9514161
00:11:21.480 --> 00:11:21.980 hard,
NOTE Confidence: 0.9951399
00:11:22.815 --> 00:11:24.195 on each side individually
NOTE Confidence: 0.97387886
00:11:24.575 --> 00:11:25.535 with the person with their
NOTE Confidence: 0.97387886
00:11:25.535 --> 00:11:26.434 eyes closed
NOTE Confidence: 0.95717454
00:11:26.815 --> 00:11:28.755 and testing them. And usually
NOTE Confidence: 0.95717454
00:11:28.815 --> 00:11:30.015 do it, like, three times
NOTE Confidence: 0.95717454
00:11:30.015 --> 00:11:32.000 if they can't hear the
NOTE Confidence: 0.95717454
00:11:32.059 --> 00:11:33.420 rub, then you do it
NOTE Confidence: 0.95717454

00:11:33.420 --> 00:11:34.779 again. If they can't hear
NOTE Confidence: 0.95717454

00:11:34.779 --> 00:11:35.579 it, you do it a
NOTE Confidence: 0.95717454

00:11:35.579 --> 00:11:37.019 third time. They should get
NOTE Confidence: 0.95717454

00:11:37.019 --> 00:11:37.899 two out of three to
NOTE Confidence: 0.95717454

00:11:37.899 --> 00:11:39.100 be able to say that
NOTE Confidence: 0.95717454

00:11:39.100 --> 00:11:40.785 it's negative, that they actually
NOTE Confidence: 0.95717454

00:11:40.785 --> 00:11:41.665 seem to be able to
NOTE Confidence: 0.95717454

00:11:41.665 --> 00:11:42.865 hear. But it has to
NOTE Confidence: 0.95717454

00:11:42.865 --> 00:11:43.605 be standardized.
NOTE Confidence: 0.98486865

00:11:44.144 --> 00:11:45.345 And that's also true of,
NOTE Confidence: 0.98486865

00:11:45.345 --> 00:11:46.704 like, the whisper test. And
NOTE Confidence: 0.98486865

00:11:46.704 --> 00:11:47.824 the problem with many of
NOTE Confidence: 0.98486865

00:11:47.824 --> 00:11:48.324 these
NOTE Confidence: 0.97558147

00:11:48.704 --> 00:11:50.139 is that it's hard to
NOTE Confidence: 0.97558147

00:11:50.139 --> 00:11:51.040 be consistent,
NOTE Confidence: 0.9547549

00:11:51.579 --> 00:11:53.339 but it's a test. And

NOTE Confidence: 0.9547549
00:11:53.339 --> 00:11:55.019 I really emphasize the idea
NOTE Confidence: 0.9547549
00:11:55.019 --> 00:11:56.800 that doing some assessment
NOTE Confidence: 0.99218416
00:11:57.420 --> 00:11:58.399 is so important.
NOTE Confidence: 0.9342556
00:11:59.395 --> 00:12:00.755 But the other piece is
NOTE Confidence: 0.9342556
00:12:00.755 --> 00:12:02.035 now we have new apps
NOTE Confidence: 0.9342556
00:12:02.035 --> 00:12:03.495 for screening on the iPhone.
NOTE Confidence: 0.8961968
00:12:03.955 --> 00:12:05.635 There are telephone screeners like
NOTE Confidence: 0.8961968
00:12:05.635 --> 00:12:07.050 the Hear Who. People can
NOTE Confidence: 0.8961968
00:12:07.050 --> 00:12:08.250 call in and they hear
NOTE Confidence: 0.8961968
00:12:08.250 --> 00:12:08.750 digits,
NOTE Confidence: 0.99602526
00:12:09.370 --> 00:12:10.650 and that can tell them
NOTE Confidence: 0.99602526
00:12:10.650 --> 00:12:12.250 levels of hearing and give
NOTE Confidence: 0.99602526
00:12:12.250 --> 00:12:13.450 them a clue that maybe
NOTE Confidence: 0.99602526
00:12:13.450 --> 00:12:14.670 they do have some difficulty
NOTE Confidence: 0.99602526
00:12:14.730 --> 00:12:15.230 hearing.
NOTE Confidence: 0.99080414

00:12:16.035 --> 00:12:17.555 Obviously, it's important to assess
NOTE Confidence: 0.99080414

00:12:17.555 --> 00:12:18.215 for earwax.
NOTE Confidence: 0.9621237

00:12:19.075 --> 00:12:20.215 That's like an earplug.
NOTE Confidence: 0.95667905

00:12:21.315 --> 00:12:22.434 So it takes a fair
NOTE Confidence: 0.95667905

00:12:22.434 --> 00:12:24.275 amount of earwax to change
NOTE Confidence: 0.95667905

00:12:24.275 --> 00:12:25.210 the amount of hearing that
NOTE Confidence: 0.95667905

00:12:25.210 --> 00:12:26.510 we have, but
NOTE Confidence: 0.95031625

00:12:27.130 --> 00:12:28.410 earwax gets a little more
NOTE Confidence: 0.95031625

00:12:28.410 --> 00:12:29.930 common often than older adults.
NOTE Confidence: 0.95031625

00:12:29.930 --> 00:12:31.530 It gets drier. It can
NOTE Confidence: 0.95031625

00:12:31.530 --> 00:12:33.130 get impacted. Some people have
NOTE Confidence: 0.95031625

00:12:33.130 --> 00:12:35.445 more earwax production than others.
NOTE Confidence: 0.95031625

00:12:35.745 --> 00:12:37.105 So checking for earwax is
NOTE Confidence: 0.95031625

00:12:37.105 --> 00:12:38.165 certainly important.
NOTE Confidence: 0.96080947

00:12:38.705 --> 00:12:40.865 But what's also important and
NOTE Confidence: 0.96080947

00:12:40.865 --> 00:12:42.565 what, again, is being emphasized,

NOTE Confidence: 0.96080947
00:12:42.625 --> 00:12:43.745 at least in this short
NOTE Confidence: 0.96080947
00:12:43.745 --> 00:12:44.245 segment,
NOTE Confidence: 0.9791623
00:12:45.410 --> 00:12:47.490 is referring individuals. If you
NOTE Confidence: 0.9791623
00:12:47.490 --> 00:12:49.009 assess them and find out
NOTE Confidence: 0.9791623
00:12:49.009 --> 00:12:50.790 that they have difficulty hearing,
NOTE Confidence: 0.9791623
00:12:51.089 --> 00:12:52.965 you're doing several things. You're
NOTE Confidence: 0.9791623
00:12:52.965 --> 00:12:55.125 validating the hearing loss. You're
NOTE Confidence: 0.9791623
00:12:55.125 --> 00:12:56.405 educating them, or you can
NOTE Confidence: 0.9791623
00:12:56.405 --> 00:12:57.845 educate them, or give them
NOTE Confidence: 0.9791623
00:12:57.845 --> 00:13:00.005 information about hearing loss and
NOTE Confidence: 0.9791623
00:13:00.005 --> 00:13:01.205 why it's important to their
NOTE Confidence: 0.9791623
00:13:01.205 --> 00:13:01.705 health.
NOTE Confidence: 0.94163424
00:13:02.139 --> 00:13:03.660 And stimulate the idea that
NOTE Confidence: 0.94163424
00:13:03.660 --> 00:13:05.179 referral to follow-up so they
NOTE Confidence: 0.94163424
00:13:05.179 --> 00:13:06.959 get a good audiometric assessment,
NOTE Confidence: 0.94991684

00:13:07.579 --> 00:13:08.959 and they can get potentially
NOTE Confidence: 0.94991684

00:13:09.100 --> 00:13:09.835 hearing aids.
NOTE Confidence: 0.95702904

00:13:10.554 --> 00:13:11.835 And it does validate the
NOTE Confidence: 0.95702904

00:13:11.835 --> 00:13:14.175 importance. It's it's amazing how,
NOTE Confidence: 0.93858826

00:13:15.115 --> 00:13:16.735 strong health care practitioners,
NOTE Confidence: 0.93462574

00:13:17.720 --> 00:13:20.440 they're just saying something about
NOTE Confidence: 0.93462574

00:13:20.440 --> 00:13:22.220 hearing loss can really stimulate
NOTE Confidence: 0.93462574

00:13:22.279 --> 00:13:24.059 some individuals to get assessed.
NOTE Confidence: 0.9812584

00:13:24.485 --> 00:13:25.945 Just hearing it from, unfortunately,
NOTE Confidence: 0.9812584

00:13:26.085 --> 00:13:27.925 other family members doesn't always
NOTE Confidence: 0.9812584

00:13:27.925 --> 00:13:29.865 stimulate people to go and
NOTE Confidence: 0.9812584

00:13:29.925 --> 00:13:30.665 see someone.
NOTE Confidence: 0.93056697

00:13:31.125 --> 00:13:33.190 But by health care providers
NOTE Confidence: 0.9685325

00:13:33.570 --> 00:13:35.090 saying something about hearing and
NOTE Confidence: 0.9685325

00:13:35.090 --> 00:13:35.970 saying, you know, this is
NOTE Confidence: 0.9685325

00:13:35.970 --> 00:13:37.490 important to your health. I

NOTE Confidence: 0.9685325

00:13:37.490 --> 00:13:38.610 think you should get it

NOTE Confidence: 0.9685325

00:13:38.610 --> 00:13:40.370 checked can be really, really

NOTE Confidence: 0.9685325

00:13:40.370 --> 00:13:40.870 helpful.

NOTE Confidence: 0.9873557

00:13:43.475 --> 00:13:44.515 The other piece I wanna

NOTE Confidence: 0.9873557

00:13:44.515 --> 00:13:46.355 talk about just briefly is

NOTE Confidence: 0.9873557

00:13:46.355 --> 00:13:47.575 when you think about assessment,

NOTE Confidence: 0.9873557

00:13:47.635 --> 00:13:48.675 it's helpful to sort of

NOTE Confidence: 0.9873557

00:13:48.675 --> 00:13:50.509 include asking about tinnitus.

NOTE Confidence: 0.94716245

00:13:50.970 --> 00:13:53.290 Tinnitus is a subjective noise

NOTE Confidence: 0.94716245

00:13:53.290 --> 00:13:55.470 that the person themselves experienced.

NOTE Confidence: 0.9700872

00:13:56.329 --> 00:13:57.815 You can't hear it. There

NOTE Confidence: 0.9700872

00:13:57.815 --> 00:13:58.934 are a couple of types

NOTE Confidence: 0.9700872

00:13:58.934 --> 00:14:00.615 that are much less, much

NOTE Confidence: 0.9700872

00:14:00.615 --> 00:14:01.434 less common,

NOTE Confidence: 0.9896717

00:14:02.375 --> 00:14:03.735 that are objective, that can

NOTE Confidence: 0.9896717

00:14:03.735 --> 00:14:05.149 be heard by others. And
NOTE Confidence: 0.9896717

00:14:05.149 --> 00:14:06.690 those usually have an underlying
NOTE Confidence: 0.9896717

00:14:06.750 --> 00:14:08.209 cause that can be addressed.
NOTE Confidence: 0.96484613

00:14:08.750 --> 00:14:11.230 But generally speaking, tinnitus is
NOTE Confidence: 0.96484613

00:14:11.230 --> 00:14:12.750 a noise, a sound. It
NOTE Confidence: 0.96484613

00:14:12.750 --> 00:14:14.029 can be all kinds of
NOTE Confidence: 0.96484613

00:14:14.029 --> 00:14:14.529 things.
NOTE Confidence: 0.9601175

00:14:14.964 --> 00:14:16.165 But it is can be
NOTE Confidence: 0.9601175

00:14:16.165 --> 00:14:17.445 associated with hearing loss, but
NOTE Confidence: 0.9601175

00:14:17.445 --> 00:14:18.825 it can occur by itself
NOTE Confidence: 0.9578519

00:14:19.365 --> 00:14:20.725 or be a precursor to
NOTE Confidence: 0.9578519

00:14:20.725 --> 00:14:22.505 hearing loss. But it also
NOTE Confidence: 0.9578519

00:14:22.645 --> 00:14:24.040 can be a critical
NOTE Confidence: 0.9939199

00:14:24.660 --> 00:14:25.560 piece of
NOTE Confidence: 0.9271454

00:14:26.180 --> 00:14:27.540 the fact that the person
NOTE Confidence: 0.9271454

00:14:27.540 --> 00:14:29.160 becomes almost suicidal

NOTE Confidence: 0.981438

00:14:29.620 --> 00:14:30.840 if it's really bad.

NOTE Confidence: 0.95860386

00:14:31.154 --> 00:14:32.835 Many times it's not very

NOTE Confidence: 0.95860386

00:14:32.835 --> 00:14:34.115 bad, and people can say,

NOTE Confidence: 0.95860386

00:14:34.115 --> 00:14:35.335 I can deal with this.

NOTE Confidence: 0.97784626

00:14:35.714 --> 00:14:36.675 It can get worse at

NOTE Confidence: 0.97784626

00:14:36.675 --> 00:14:37.875 night when there's no other

NOTE Confidence: 0.97784626

00:14:37.875 --> 00:14:39.720 sounds around. But there are

NOTE Confidence: 0.97784626

00:14:39.720 --> 00:14:41.080 things we can do for

NOTE Confidence: 0.97784626

00:14:41.080 --> 00:14:42.440 it. We can't cure it

NOTE Confidence: 0.97784626

00:14:42.440 --> 00:14:43.820 or there's no cure yet,

NOTE Confidence: 0.97784626

00:14:44.120 --> 00:14:45.320 but there are ways in

NOTE Confidence: 0.97784626

00:14:45.320 --> 00:14:45.800 which,

NOTE Confidence: 0.99868536

00:14:46.200 --> 00:14:47.260 both sound treatment

NOTE Confidence: 0.962425

00:14:47.725 --> 00:14:49.904 and, cognitive behavioral therapy

NOTE Confidence: 0.99854493

00:14:50.365 --> 00:14:51.345 can help individuals

NOTE Confidence: 0.98090285

00:14:52.045 --> 00:14:53.245 deal with it. But it's
NOTE Confidence: 0.98090285

00:14:53.245 --> 00:14:54.225 not an insignificant
NOTE Confidence: 0.9852009

00:14:54.605 --> 00:14:55.964 problem, and it's much, much
NOTE Confidence: 0.9852009

00:14:55.964 --> 00:14:57.720 more common or has been
NOTE Confidence: 0.9852009

00:14:57.720 --> 00:14:59.180 in the veteran population
NOTE Confidence: 0.5282657

00:14:59.720 --> 00:15:00.220 partly
NOTE Confidence: 0.89611995

00:15:01.080 --> 00:15:03.020 mostly because of, blast,
NOTE Confidence: 0.9957198

00:15:03.880 --> 00:15:05.580 exposures and stuff like that.
NOTE Confidence: 0.97511464

00:15:06.595 --> 00:15:07.715 And years ago, of course,
NOTE Confidence: 0.97511464

00:15:07.715 --> 00:15:09.475 they didn't protect hearing as
NOTE Confidence: 0.97511464

00:15:09.475 --> 00:15:09.975 much,
NOTE Confidence: 0.99913687

00:15:10.355 --> 00:15:11.495 but you can
NOTE Confidence: 0.9985731

00:15:11.875 --> 00:15:13.795 we've heard much more about
NOTE Confidence: 0.9985731

00:15:13.795 --> 00:15:15.495 the fact that blast injuries
NOTE Confidence: 0.9985731

00:15:15.780 --> 00:15:17.400 can be a significant problem.
NOTE Confidence: 0.9906667

00:15:19.460 --> 00:15:20.920 When you think then about

NOTE Confidence: 0.9906667

00:15:21.060 --> 00:15:21.560 communication

NOTE Confidence: 0.9944992

00:15:22.100 --> 00:15:22.600 strategies,

NOTE Confidence: 0.9658501

00:15:23.264 --> 00:15:24.545 if you have someone and

NOTE Confidence: 0.9658501

00:15:24.545 --> 00:15:26.305 again, making clear on almost

NOTE Confidence: 0.9658501

00:15:26.305 --> 00:15:28.065 anyone if they can understand

NOTE Confidence: 0.9658501

00:15:28.065 --> 00:15:29.584 you is important, whether the

NOTE Confidence: 0.9658501

00:15:29.584 --> 00:15:30.945 person has hearing loss or

NOTE Confidence: 0.9658501

00:15:30.945 --> 00:15:32.600 not since we often deal

NOTE Confidence: 0.9658501

00:15:32.600 --> 00:15:34.940 with individuals in relatively stressful

NOTE Confidence: 0.9658501

00:15:35.160 --> 00:15:35.660 situations.

NOTE Confidence: 0.96454763

00:15:36.680 --> 00:15:38.040 And we all don't hear

NOTE Confidence: 0.96454763

00:15:38.040 --> 00:15:39.080 as well when we or

NOTE Confidence: 0.96454763

00:15:39.080 --> 00:15:41.065 we don't really hear or

NOTE Confidence: 0.96454763

00:15:41.065 --> 00:15:42.585 understand what people are saying

NOTE Confidence: 0.96454763

00:15:42.585 --> 00:15:43.805 when we get stressed.

NOTE Confidence: 0.98062354

00:15:44.665 --> 00:15:46.825 But facing a person with
NOTE Confidence: 0.98062354

00:15:46.825 --> 00:15:47.785 a hearing loss to get
NOTE Confidence: 0.98062354

00:15:47.785 --> 00:15:48.525 their attention,
NOTE Confidence: 0.9869667

00:15:49.050 --> 00:15:50.410 Making sure the lighting is
NOTE Confidence: 0.9869667

00:15:50.410 --> 00:15:52.270 adequate and not from behind.
NOTE Confidence: 0.9588139

00:15:53.050 --> 00:15:54.650 Often when you see this
NOTE Confidence: 0.9588139

00:15:54.650 --> 00:15:55.930 even on Zoom or other
NOTE Confidence: 0.9588139

00:15:55.930 --> 00:15:57.370 kinds of things, when people
NOTE Confidence: 0.9588139

00:15:57.370 --> 00:15:58.425 sit in front of a
NOTE Confidence: 0.9588139

00:15:58.665 --> 00:16:00.584 bright window, it washes out
NOTE Confidence: 0.9588139

00:16:00.584 --> 00:16:02.105 their face. So the speaker
NOTE Confidence: 0.9588139

00:16:02.105 --> 00:16:03.225 should have the light on
NOTE Confidence: 0.9588139

00:16:03.225 --> 00:16:04.505 their face so that you
NOTE Confidence: 0.9588139

00:16:04.505 --> 00:16:05.545 can see it and the
NOTE Confidence: 0.9588139

00:16:05.545 --> 00:16:07.084 person can see their lips.
NOTE Confidence: 0.98468405

00:16:07.580 --> 00:16:09.260 Don't cover your mouth or

NOTE Confidence: 0.98468405
00:16:09.260 --> 00:16:10.460 turn to the computer or
NOTE Confidence: 0.98468405
00:16:10.460 --> 00:16:11.279 look down.
NOTE Confidence: 0.93910146
00:16:11.820 --> 00:16:13.040 We do that automatically,
NOTE Confidence: 0.9906872
00:16:13.420 --> 00:16:14.620 but try to think about
NOTE Confidence: 0.9906872
00:16:14.620 --> 00:16:15.820 the fact that the person
NOTE Confidence: 0.9906872
00:16:15.820 --> 00:16:17.014 has to see your face
NOTE Confidence: 0.9906872
00:16:17.014 --> 00:16:18.235 in order to lip read.
NOTE Confidence: 0.9666997
00:16:19.095 --> 00:16:20.535 We all lip read even
NOTE Confidence: 0.9666997
00:16:20.535 --> 00:16:21.415 if we don't think we
NOTE Confidence: 0.9666997
00:16:21.415 --> 00:16:23.014 do. We may not lip
NOTE Confidence: 0.9666997
00:16:23.014 --> 00:16:24.454 read super well, and some
NOTE Confidence: 0.9666997
00:16:24.454 --> 00:16:25.575 people get really good at
NOTE Confidence: 0.9666997
00:16:25.575 --> 00:16:27.000 it, but we do lip
NOTE Confidence: 0.9666997
00:16:27.000 --> 00:16:28.839 read. So seeing a person's
NOTE Confidence: 0.9666997
00:16:28.839 --> 00:16:30.699 face, seeing the emotions, seeing
NOTE Confidence: 0.9666997

00:16:30.839 --> 00:16:32.779 the facial expressions does help.
NOTE Confidence: 0.9729426

00:16:33.375 --> 00:16:34.995 Speak at a normal rate.
NOTE Confidence: 0.9729426

00:16:35.055 --> 00:16:36.435 Lower your pitch slightly.
NOTE Confidence: 0.9379156

00:16:36.895 --> 00:16:38.515 Enunciate, but don't exaggerate.
NOTE Confidence: 0.92466235

00:16:39.214 --> 00:16:41.060 And don't shout. Because really
NOTE Confidence: 0.92466235

00:16:41.060 --> 00:16:42.020 what you're doing when you're
NOTE Confidence: 0.92466235

00:16:42.020 --> 00:16:42.520 shouting
NOTE Confidence: 0.99285424

00:16:42.900 --> 00:16:45.000 is you you're just increasing
NOTE Confidence: 0.99340427

00:16:45.540 --> 00:16:46.200 the mumbling.
NOTE Confidence: 0.9996006

00:16:46.740 --> 00:16:47.800 The person doesn't
NOTE Confidence: 0.9139015

00:16:48.115 --> 00:16:49.175 get more clarity,
NOTE Confidence: 0.99705994

00:16:49.555 --> 00:16:51.235 and your voice changes. We
NOTE Confidence: 0.99705994

00:16:51.235 --> 00:16:52.675 sound more angry when we
NOTE Confidence: 0.99705994

00:16:52.675 --> 00:16:53.735 raise our voices.
NOTE Confidence: 0.9983964

00:16:54.195 --> 00:16:55.395 So it helps to if
NOTE Confidence: 0.9983964

00:16:55.395 --> 00:16:56.215 you even

NOTE Confidence: 0.98106605

00:16:56.930 --> 00:16:58.850 lower your pitch slightly, maybe

NOTE Confidence: 0.98106605

00:16:58.850 --> 00:17:00.050 increase the tone just a

NOTE Confidence: 0.98106605

00:17:00.050 --> 00:17:01.830 little bit, but don't shout.

NOTE Confidence: 0.9914416

00:17:02.450 --> 00:17:04.290 And don't exaggerate because, again,

NOTE Confidence: 0.9914416

00:17:04.290 --> 00:17:05.805 that changes the the way

NOTE Confidence: 0.9914416

00:17:05.805 --> 00:17:07.325 in which your face facial

NOTE Confidence: 0.9914416

00:17:07.325 --> 00:17:08.385 expressions are.

NOTE Confidence: 0.95460504

00:17:09.165 --> 00:17:10.705 If you're asked to repeat,

NOTE Confidence: 0.95460504

00:17:11.005 --> 00:17:12.285 if someone says, what did

NOTE Confidence: 0.95460504

00:17:12.285 --> 00:17:12.945 you say?

NOTE Confidence: 0.9838839

00:17:13.340 --> 00:17:14.859 It may be helpful, especially

NOTE Confidence: 0.9838839

00:17:14.859 --> 00:17:15.900 if you repeat what you

NOTE Confidence: 0.9838839

00:17:15.900 --> 00:17:17.260 said and they still don't

NOTE Confidence: 0.9838839

00:17:17.260 --> 00:17:18.080 quite understand,

NOTE Confidence: 0.9804727

00:17:18.380 --> 00:17:20.060 is to rephrase because you're

NOTE Confidence: 0.9804727

00:17:20.060 --> 00:17:21.755 using different words, and that
NOTE Confidence: 0.9804727

00:17:21.755 --> 00:17:23.035 can be really helpful in
NOTE Confidence: 0.9804727

00:17:23.035 --> 00:17:24.335 terms of someone understanding.
NOTE Confidence: 0.9009934

00:17:25.994 --> 00:17:27.835 Introduce the topic so you
NOTE Confidence: 0.9009934

00:17:27.835 --> 00:17:29.195 know when you change it
NOTE Confidence: 0.9009934

00:17:29.195 --> 00:17:30.575 and write down information.
NOTE Confidence: 0.86930525

00:17:31.549 --> 00:17:32.750 So you say I'm talking
NOTE Confidence: 0.86930525

00:17:32.750 --> 00:17:33.950 about this now or then,
NOTE Confidence: 0.9434702

00:17:34.669 --> 00:17:36.289 let's talk about that now.
NOTE Confidence: 0.9926214

00:17:36.590 --> 00:17:38.289 So the person the context
NOTE Confidence: 0.9926214

00:17:38.350 --> 00:17:39.465 can help in terms of
NOTE Confidence: 0.9926214

00:17:39.465 --> 00:17:39.965 understanding
NOTE Confidence: 0.96489286

00:17:40.424 --> 00:17:41.865 or filling in or being
NOTE Confidence: 0.96489286

00:17:41.865 --> 00:17:42.424 able to,
NOTE Confidence: 0.99792415

00:17:43.385 --> 00:17:45.244 clearly understand what you're saying.
NOTE Confidence: 0.8988125

00:17:45.865 --> 00:17:47.165 Use assisted devices.

NOTE Confidence: 0.97509706

00:17:48.180 --> 00:17:49.460 We call them pocket talkers,

NOTE Confidence: 0.97509706

00:17:49.460 --> 00:17:51.160 but, basically, they're small amplifiers.

NOTE Confidence: 0.8571181

00:17:52.020 --> 00:17:53.240 Considering caption.

NOTE Confidence: 0.95955324

00:17:53.540 --> 00:17:54.040 Nowadays,

NOTE Confidence: 0.9785359

00:17:54.420 --> 00:17:55.859 on your cell phones, there's

NOTE Confidence: 0.9785359

00:17:55.859 --> 00:17:57.220 a lot of options, whether

NOTE Confidence: 0.9785359

00:17:57.220 --> 00:17:58.825 it's Ava, Otter,

NOTE Confidence: 0.9262052

00:17:59.365 --> 00:18:00.484 lot of different kinds of

NOTE Confidence: 0.9262052

00:18:00.484 --> 00:18:00.984 devices

NOTE Confidence: 0.99030834

00:18:01.445 --> 00:18:01.945 that

NOTE Confidence: 0.96009463

00:18:02.244 --> 00:18:04.165 that go from speech to

NOTE Confidence: 0.96009463

00:18:04.165 --> 00:18:05.640 text so that when you

NOTE Confidence: 0.96009463

00:18:05.640 --> 00:18:07.660 talk into the the microphone,

NOTE Confidence: 0.96864706

00:18:08.440 --> 00:18:09.900 the person can read it.

NOTE Confidence: 0.96864706

00:18:09.960 --> 00:18:11.160 And they can be very,

NOTE Confidence: 0.96864706

00:18:11.160 --> 00:18:11.900 very helpful.
NOTE Confidence: 0.96573544

00:18:13.044 --> 00:18:14.244 And I know that there
NOTE Confidence: 0.96573544

00:18:14.244 --> 00:18:16.565 are issues in clinical settings
NOTE Confidence: 0.96573544

00:18:16.565 --> 00:18:17.065 sometimes
NOTE Confidence: 0.90736866

00:18:17.365 --> 00:18:18.585 about HIPAA regulations.
NOTE Confidence: 0.96627426

00:18:19.179 --> 00:18:20.059 But if someone comes and
NOTE Confidence: 0.96627426

00:18:20.059 --> 00:18:21.260 they can't understand you and
NOTE Confidence: 0.96627426

00:18:21.260 --> 00:18:22.619 they're using your own things,
NOTE Confidence: 0.96627426

00:18:22.619 --> 00:18:23.900 you have to check. But
NOTE Confidence: 0.96627426

00:18:23.900 --> 00:18:25.340 generally speaking, at least that
NOTE Confidence: 0.96627426

00:18:25.340 --> 00:18:26.619 makes it clear because they're
NOTE Confidence: 0.96627426

00:18:26.619 --> 00:18:27.900 not gonna be understanding you
NOTE Confidence: 0.96627426

00:18:27.900 --> 00:18:29.715 very well if you're not
NOTE Confidence: 0.96627426

00:18:29.715 --> 00:18:31.715 using something that they can
NOTE Confidence: 0.96627426

00:18:31.715 --> 00:18:33.155 read or they can really
NOTE Confidence: 0.96627426

00:18:33.155 --> 00:18:34.135 truly hear.

NOTE Confidence: 0.9666905
00:18:35.795 --> 00:18:37.450 If using a hearing aids,
NOTE Confidence: 0.9666905
00:18:37.450 --> 00:18:38.490 if the person has a
NOTE Confidence: 0.9666905
00:18:38.490 --> 00:18:40.010 hearing aid, make sure it's
NOTE Confidence: 0.9666905
00:18:40.010 --> 00:18:41.210 in place and the batteries
NOTE Confidence: 0.9666905
00:18:41.210 --> 00:18:43.450 are working. Because when people
NOTE Confidence: 0.9666905
00:18:43.450 --> 00:18:44.330 use their hearing aids a
NOTE Confidence: 0.9666905
00:18:44.330 --> 00:18:45.529 lot, they go through batteries
NOTE Confidence: 0.9666905
00:18:45.529 --> 00:18:47.115 a lot. And some individuals,
NOTE Confidence: 0.9666905
00:18:47.255 --> 00:18:48.695 it they don't realize, they
NOTE Confidence: 0.9666905
00:18:48.695 --> 00:18:50.295 don't think about or if
NOTE Confidence: 0.9666905
00:18:50.295 --> 00:18:52.075 there's any change in cognition
NOTE Confidence: 0.9666905
00:18:52.215 --> 00:18:52.875 at all,
NOTE Confidence: 0.96183205
00:18:54.409 --> 00:18:55.929 they can forget that maybe
NOTE Confidence: 0.96183205
00:18:55.929 --> 00:18:56.809 they need to change the
NOTE Confidence: 0.96183205
00:18:56.809 --> 00:18:58.029 batteries more common.
NOTE Confidence: 0.91192085

00:18:58.890 --> 00:19:00.970 And find out because many
NOTE Confidence: 0.91192085

00:19:00.970 --> 00:19:01.869 times now,
NOTE Confidence: 0.9905555

00:19:02.335 --> 00:19:03.294 people have to call in
NOTE Confidence: 0.9905555

00:19:03.294 --> 00:19:04.895 for appointments. That doesn't work
NOTE Confidence: 0.9905555

00:19:04.895 --> 00:19:06.095 for people who have hearing
NOTE Confidence: 0.9905555

00:19:06.095 --> 00:19:07.534 loss. They may not be
NOTE Confidence: 0.9905555

00:19:07.534 --> 00:19:08.575 able to use the phone
NOTE Confidence: 0.9905555

00:19:08.575 --> 00:19:09.395 very effectively.
NOTE Confidence: 0.9903483

00:19:09.820 --> 00:19:11.280 Now it is important to
NOTE Confidence: 0.9903483

00:19:11.280 --> 00:19:13.179 know that you can get
NOTE Confidence: 0.9903483

00:19:13.179 --> 00:19:13.679 free
NOTE Confidence: 0.99939775

00:19:14.059 --> 00:19:14.559 captioning
NOTE Confidence: 0.9500511

00:19:14.859 --> 00:19:16.460 for individuals who have hearing
NOTE Confidence: 0.9500511

00:19:16.460 --> 00:19:17.340 loss. They can get a
NOTE Confidence: 0.9500511

00:19:17.340 --> 00:19:17.835 phone
NOTE Confidence: 0.9626399

00:19:18.154 --> 00:19:20.255 and a captioning service free.

NOTE Confidence: 0.93220454
00:19:20.794 --> 00:19:21.914 So it's important if you
NOTE Confidence: 0.93220454
00:19:21.914 --> 00:19:22.654 think someone
NOTE Confidence: 0.9643335
00:19:22.955 --> 00:19:24.475 is alone at home or
NOTE Confidence: 0.9643335
00:19:24.475 --> 00:19:25.774 can't deal with a phone,
NOTE Confidence: 0.9643335
00:19:25.980 --> 00:19:27.260 they can get these services,
NOTE Confidence: 0.9643335
00:19:27.260 --> 00:19:28.140 and they can be able
NOTE Confidence: 0.9643335
00:19:28.140 --> 00:19:29.660 to, again, have a real
NOTE Confidence: 0.9643335
00:19:29.660 --> 00:19:30.160 captioner,
NOTE Confidence: 0.999263
00:19:32.060 --> 00:19:32.560 read
NOTE Confidence: 0.98543835
00:19:32.940 --> 00:19:34.655 or say or articulate
NOTE Confidence: 0.98566127
00:19:35.035 --> 00:19:36.415 what's being said,
NOTE Confidence: 0.9813639
00:19:37.275 --> 00:19:38.635 and captioning it, and the
NOTE Confidence: 0.9813639
00:19:38.635 --> 00:19:39.755 person can read it at
NOTE Confidence: 0.9813639
00:19:39.755 --> 00:19:40.875 the same time they're hearing
NOTE Confidence: 0.9813639
00:19:40.875 --> 00:19:42.440 it, and they can read
NOTE Confidence: 0.9813639

00:19:42.440 --> 00:19:43.640 it on the phone. So
NOTE Confidence: 0.9813639

00:19:43.640 --> 00:19:45.400 those services are free. We
NOTE Confidence: 0.9813639

00:19:45.400 --> 00:19:46.119 pay for it with our
NOTE Confidence: 0.9813639

00:19:46.119 --> 00:19:47.880 telephone bills. So think about
NOTE Confidence: 0.9813639

00:19:47.880 --> 00:19:49.100 that in certain situations.
NOTE Confidence: 0.9603674

00:19:49.855 --> 00:19:51.215 Always include the family as
NOTE Confidence: 0.9603674

00:19:51.215 --> 00:19:52.175 well if the person has
NOTE Confidence: 0.9603674

00:19:52.175 --> 00:19:53.535 a family to help them
NOTE Confidence: 0.9603674

00:19:53.535 --> 00:19:54.035 understand
NOTE Confidence: 0.91613954

00:19:54.734 --> 00:19:55.715 issues around,
NOTE Confidence: 0.99589056

00:19:56.255 --> 00:19:57.990 hearing loss and the need
NOTE Confidence: 0.99589056

00:19:57.990 --> 00:19:59.530 for them to use appropriate
NOTE Confidence: 0.99589056

00:19:59.750 --> 00:20:01.770 communication strategies as well.
NOTE Confidence: 0.9814636

00:20:03.109 --> 00:20:04.470 Tips to hear better. This
NOTE Confidence: 0.9814636

00:20:04.470 --> 00:20:05.770 is sort of the reverse.
NOTE Confidence: 0.99941814

00:20:06.445 --> 00:20:07.965 So if someone has some

NOTE Confidence: 0.99941814
00:20:07.965 --> 00:20:09.025 difficulty hearing,
NOTE Confidence: 0.9927346
00:20:09.645 --> 00:20:11.105 make sure that they know
NOTE Confidence: 0.9927346
00:20:11.165 --> 00:20:12.465 so that they should stand
NOTE Confidence: 0.95504296
00:20:13.244 --> 00:20:14.925 so this the speaker has
NOTE Confidence: 0.95504296
00:20:14.925 --> 00:20:16.225 the light on their face
NOTE Confidence: 0.95504296
00:20:16.510 --> 00:20:17.550 and is not in front
NOTE Confidence: 0.95504296
00:20:17.550 --> 00:20:18.590 of a window or a
NOTE Confidence: 0.95504296
00:20:18.590 --> 00:20:19.090 shadow.
NOTE Confidence: 0.9918864
00:20:19.470 --> 00:20:20.670 Let people know that you
NOTE Confidence: 0.9918864
00:20:20.670 --> 00:20:21.730 have hearing difficulty.
NOTE Confidence: 0.98736763
00:20:22.270 --> 00:20:23.470 Be self be a self
NOTE Confidence: 0.98736763
00:20:23.470 --> 00:20:24.925 advocate. That can be really
NOTE Confidence: 0.98736763
00:20:24.925 --> 00:20:26.685 important in many settings where
NOTE Confidence: 0.98736763
00:20:26.685 --> 00:20:28.365 people overlook it or don't
NOTE Confidence: 0.98736763
00:20:28.365 --> 00:20:29.345 think about it.
NOTE Confidence: 0.977593

00:20:29.885 --> 00:20:31.244 Read lips and consider the
NOTE Confidence: 0.977593

00:20:31.244 --> 00:20:32.700 context, and sit with your
NOTE Confidence: 0.977593

00:20:32.700 --> 00:20:33.500 back to the wall in
NOTE Confidence: 0.977593

00:20:33.500 --> 00:20:34.700 a restaurant or find a
NOTE Confidence: 0.977593

00:20:34.700 --> 00:20:36.480 quiet place or a room,
NOTE Confidence: 0.99605095

00:20:37.100 --> 00:20:39.280 and use assistive devices yourself.
NOTE Confidence: 0.98063433

00:20:39.994 --> 00:20:41.275 Many people are resistant to
NOTE Confidence: 0.98063433

00:20:41.275 --> 00:20:43.034 this, and yet, in truth,
NOTE Confidence: 0.98063433

00:20:43.034 --> 00:20:44.395 it can be so helpful
NOTE Confidence: 0.98063433

00:20:44.395 --> 00:20:45.595 for their health care and
NOTE Confidence: 0.98063433

00:20:45.595 --> 00:20:46.655 well-being overall.
NOTE Confidence: 0.9989292

00:20:48.190 --> 00:20:49.550 If someone gets a hearing
NOTE Confidence: 0.9989292

00:20:49.550 --> 00:20:50.050 aid,
NOTE Confidence: 0.98448247

00:20:50.830 --> 00:20:52.030 this is something that can
NOTE Confidence: 0.98448247

00:20:52.030 --> 00:20:52.770 be anticipatory.
NOTE Confidence: 0.9943783

00:20:53.550 --> 00:20:55.070 They should be comfortable, but

NOTE Confidence: 0.9943783
00:20:55.070 --> 00:20:57.244 they're not like reading
NOTE Confidence: 0.9985209
00:20:57.705 --> 00:20:59.225 glasses. They you can't just
NOTE Confidence: 0.9985209
00:20:59.225 --> 00:21:00.285 suddenly hear.
NOTE Confidence: 0.98977363
00:21:00.905 --> 00:21:01.945 It takes a while for
NOTE Confidence: 0.98977363
00:21:01.945 --> 00:21:03.225 your brain to relearn how
NOTE Confidence: 0.98977363
00:21:03.225 --> 00:21:04.425 to listen. So if they
NOTE Confidence: 0.98977363
00:21:04.425 --> 00:21:05.950 get hearing aids, they have
NOTE Confidence: 0.98977363
00:21:05.950 --> 00:21:07.150 to realize that it takes
NOTE Confidence: 0.98977363
00:21:07.150 --> 00:21:07.970 some adaptation.
NOTE Confidence: 0.99501115
00:21:09.390 --> 00:21:10.830 They have to they may
NOTE Confidence: 0.99501115
00:21:10.830 --> 00:21:11.710 have to go back to
NOTE Confidence: 0.99501115
00:21:11.710 --> 00:21:12.450 the audiologist
NOTE Confidence: 0.9982114
00:21:13.135 --> 00:21:14.735 or the hearing specialist several
NOTE Confidence: 0.9982114
00:21:14.735 --> 00:21:16.115 times to get them adjusted
NOTE Confidence: 0.980407
00:21:16.655 --> 00:21:17.855 because the person may not
NOTE Confidence: 0.980407

00:21:17.855 --> 00:21:18.975 fit them to to the
NOTE Confidence: 0.980407

00:21:18.975 --> 00:21:20.035 actual needs.
NOTE Confidence: 0.99942267

00:21:20.480 --> 00:21:21.440 They may want them to
NOTE Confidence: 0.99942267

00:21:21.440 --> 00:21:22.400 get used to it over
NOTE Confidence: 0.99942267

00:21:22.400 --> 00:21:22.900 time.
NOTE Confidence: 0.9701445

00:21:23.200 --> 00:21:24.480 So if you have problems
NOTE Confidence: 0.9701445

00:21:24.480 --> 00:21:25.280 with a hearing aid, you
NOTE Confidence: 0.9701445

00:21:25.280 --> 00:21:26.640 should always go back and
NOTE Confidence: 0.9701445

00:21:26.640 --> 00:21:27.920 make sure your questions are
NOTE Confidence: 0.9701445

00:21:27.920 --> 00:21:29.325 asked and make sure that
NOTE Confidence: 0.9701445

00:21:29.325 --> 00:21:30.705 you're using them effectively.
NOTE Confidence: 0.9571407

00:21:31.244 --> 00:21:32.845 And they also don't always
NOTE Confidence: 0.9571407

00:21:32.845 --> 00:21:34.385 work in every situation.
NOTE Confidence: 0.89624727

00:21:35.085 --> 00:21:36.945 Whether this situation has acoustics,
NOTE Confidence: 0.98729855

00:21:37.539 --> 00:21:38.899 you may need to have
NOTE Confidence: 0.98729855

00:21:38.899 --> 00:21:40.179 some other kinds of assisted

NOTE Confidence: 0.98729855
00:21:40.179 --> 00:21:42.179 devices along with them. Hearing
NOTE Confidence: 0.98729855
00:21:42.179 --> 00:21:43.299 aids are not perfect at
NOTE Confidence: 0.98729855
00:21:43.299 --> 00:21:45.059 all. They're much better in
NOTE Confidence: 0.98729855
00:21:45.059 --> 00:21:47.365 close situations. They can make
NOTE Confidence: 0.98729855
00:21:47.365 --> 00:21:48.585 listening much easier,
NOTE Confidence: 0.9919853
00:21:48.885 --> 00:21:51.385 but they are hearing aids.
NOTE Confidence: 0.9919853
00:21:51.605 --> 00:21:53.304 They're not they don't cure
NOTE Confidence: 0.9919853
00:21:53.445 --> 00:21:54.665 hearing loss, unfortunately.
NOTE Confidence: 0.9995243
00:21:55.045 --> 00:21:56.470 So people have to have
NOTE Confidence: 0.94078386
00:21:56.869 --> 00:21:58.090 realistic expectations,
NOTE Confidence: 0.9703519
00:21:58.950 --> 00:21:59.990 and that can be important.
NOTE Confidence: 0.9703519
00:21:59.990 --> 00:22:00.789 And it can be hard
NOTE Confidence: 0.9703519
00:22:00.789 --> 00:22:01.750 when you're paying a fair
NOTE Confidence: 0.9703519
00:22:01.750 --> 00:22:03.049 amount for a hearing aid.
NOTE Confidence: 0.9893042
00:22:03.350 --> 00:22:05.265 We now can get over
NOTE Confidence: 0.9893042

00:22:05.265 --> 00:22:06.905 the counter hearing aids, but
NOTE Confidence: 0.9893042

00:22:06.905 --> 00:22:08.665 people should explore those options
NOTE Confidence: 0.9893042

00:22:08.665 --> 00:22:09.725 to make sure that
NOTE Confidence: 0.991708

00:22:10.025 --> 00:22:11.965 they have the most dexterity.
NOTE Confidence: 0.9832095

00:22:12.265 --> 00:22:14.300 Not everyone has the dexterity
NOTE Confidence: 0.9832095

00:22:14.440 --> 00:22:15.400 to use some of these
NOTE Confidence: 0.9832095

00:22:15.400 --> 00:22:16.680 devices where they have to
NOTE Confidence: 0.9832095

00:22:16.680 --> 00:22:17.740 adjust them themselves.
NOTE Confidence: 0.9739936

00:22:18.360 --> 00:22:19.800 So they may not be
NOTE Confidence: 0.9739936

00:22:19.800 --> 00:22:20.940 the best option.
NOTE Confidence: 0.97147274

00:22:21.240 --> 00:22:22.775 But they are. Some of
NOTE Confidence: 0.97147274

00:22:22.775 --> 00:22:24.055 them are less expensive, and
NOTE Confidence: 0.97147274

00:22:24.055 --> 00:22:25.355 they vary a great deal.
NOTE Confidence: 0.99958205

00:22:25.975 --> 00:22:27.595 So you need to understand
NOTE Confidence: 0.99958205

00:22:27.734 --> 00:22:28.955 what you're getting into
NOTE Confidence: 0.97149706

00:22:29.255 --> 00:22:30.375 if you're gonna get some,

NOTE Confidence: 0.98395836

00:22:31.900 --> 00:22:33.520 over the counter hearing aids.

NOTE Confidence: 0.9627499

00:22:33.980 --> 00:22:35.179 But you can use pocket

NOTE Confidence: 0.9627499

00:22:35.179 --> 00:22:36.460 talkers or other kinds of

NOTE Confidence: 0.9627499

00:22:36.460 --> 00:22:37.440 assisted devices,

NOTE Confidence: 0.9670339

00:22:37.820 --> 00:22:39.659 especially in situations where an

NOTE Confidence: 0.9670339

00:22:39.659 --> 00:22:41.325 individual may only wish to

NOTE Confidence: 0.9670339

00:22:41.325 --> 00:22:41.825 hear,

NOTE Confidence: 0.69412464

00:22:42.445 --> 00:22:43.505 or say get

NOTE Confidence: 0.9169159

00:22:43.885 --> 00:22:45.085 something just for their tele

NOTE Confidence: 0.9169159

00:22:45.325 --> 00:22:46.845 for their TV or something

NOTE Confidence: 0.9169159

00:22:46.845 --> 00:22:48.065 else if that individual

NOTE Confidence: 0.9988515

00:22:48.365 --> 00:22:49.404 is not going out or

NOTE Confidence: 0.9988515

00:22:49.404 --> 00:22:50.865 doing other kinds of things.

NOTE Confidence: 0.9544367

00:22:51.820 --> 00:22:53.520 And, of course, you always

NOTE Confidence: 0.9544367

00:22:53.660 --> 00:22:54.780 no matter where you are,

NOTE Confidence: 0.9544367

00:22:54.780 --> 00:22:56.059 always make sure your questions

NOTE Confidence: 0.9544367

00:22:56.059 --> 00:22:57.359 are asked, especially

NOTE Confidence: 0.9596936

00:22:57.660 --> 00:22:58.960 if you're paying for,

NOTE Confidence: 0.94936657

00:23:00.065 --> 00:23:01.684 hearing aids. And shop around

NOTE Confidence: 0.94936657

00:23:01.905 --> 00:23:03.265 because hearing aids do vary

NOTE Confidence: 0.94936657

00:23:03.265 --> 00:23:04.405 in terms of their cost

NOTE Confidence: 0.94936657

00:23:04.465 --> 00:23:05.605 and different providers.

NOTE Confidence: 0.97176623

00:23:06.225 --> 00:23:07.664 Make sure you're you go

NOTE Confidence: 0.97176623

00:23:07.664 --> 00:23:09.650 with the the information that

NOTE Confidence: 0.97176623

00:23:09.650 --> 00:23:11.170 you need to get to

NOTE Confidence: 0.97176623

00:23:11.170 --> 00:23:12.450 be able to clearly ask

NOTE Confidence: 0.97176623

00:23:12.450 --> 00:23:13.830 everything that you need.

NOTE Confidence: 0.9895762

00:23:14.690 --> 00:23:16.130 So in summary, in this

NOTE Confidence: 0.9895762

00:23:16.130 --> 00:23:17.429 brief session,

NOTE Confidence: 0.9741257

00:23:18.735 --> 00:23:21.055 we the emphasis is on

NOTE Confidence: 0.9741257

00:23:21.055 --> 00:23:22.515 the fact that hearing loss

NOTE Confidence: 0.9741257
00:23:22.655 --> 00:23:24.275 has a significant implication
NOTE Confidence: 0.99966526
00:23:24.575 --> 00:23:25.795 for health and well-being.
NOTE Confidence: 0.9997104
00:23:26.630 --> 00:23:28.010 Assessing for hearing loss
NOTE Confidence: 0.99952394
00:23:28.390 --> 00:23:30.150 should be a component of
NOTE Confidence: 0.99952394
00:23:30.150 --> 00:23:31.530 any health assessment.
NOTE Confidence: 0.99189526
00:23:32.470 --> 00:23:34.135 Assessing for hearing loss can
NOTE Confidence: 0.99189526
00:23:34.135 --> 00:23:35.815 value hearing as a component
NOTE Confidence: 0.99189526
00:23:35.815 --> 00:23:37.734 of health status, which I
NOTE Confidence: 0.99189526
00:23:37.734 --> 00:23:39.115 truly believe it is.
NOTE Confidence: 0.9935724
00:23:39.575 --> 00:23:41.255 And asking about and assessing
NOTE Confidence: 0.9935724
00:23:41.255 --> 00:23:42.695 for hearing can stimulate the
NOTE Confidence: 0.9935724
00:23:42.695 --> 00:23:43.195 individual
NOTE Confidence: 0.9977432
00:23:43.559 --> 00:23:45.320 to seek further evaluation and
NOTE Confidence: 0.9977432
00:23:45.320 --> 00:23:45.820 treatment.
NOTE Confidence: 0.9881398
00:23:46.760 --> 00:23:48.040 And I thank you then
NOTE Confidence: 0.9881398

00:23:48.040 --> 00:23:49.020 for your attention,

NOTE Confidence: 0.99904555

00:23:50.280 --> 00:23:51.480 and look forward to hearing

NOTE Confidence: 0.99904555

00:23:51.480 --> 00:23:53.020 from anyone who has questions.