

You don't need to feel left out. Take advantage of easy-to-use technology to get back into the hearing loop.

Tips

If you are new to using a telecoil, be sure to check with your audiologist or hearing instrument specialist to ensure that the settings on it are maximized for use with assistive listening devices.



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The telecoil, a small copper wire, is located inside the hearing aid.

Find other users through a Hearing Loss Association of America Chapter in your area.



Access to public places for individuals with disabilities is required by the Americans with Disabilities Act. If you think an assistive listening device would benefit you on the job or in your classroom, you should

find out the process from that institution for requesting a reasonable accommodation (in private settings) or for auxiliary aids and services (in public settings).

Advocate for assistive listening devices at places you regularly attend (e.g., place of worship, classroom, community center). Encourage the venue to advertise that they have assistive devices so that others can learn of their benefit.

This brochure is produced as part of "Get in the Hearing Loop," an educational program to increase awareness about assistive listening technologies, especially hearing loops and telecoils, that are available to people with hearing loss.

Resource for People with Hearing Loss

The Hearing Loss Association of America is the nation's leading advocacy organization for the 48 million Americans with hearing loss. HLAA publishes *Hearing Loss Magazine*, holds annual conventions, produces the Walk4Hearing®, hosts online learning, holds webinars, and advocates for the rights of people with hearing loss. The national support network includes the Washington, DC area office, state organizations and local chapters.



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www.hearingloss.org

www.hearingloss.org/content/technology

Useful Links

www.HowsYourHearing.org

American Academy of Audiology

To find an audiologist in your area

www.hearingloop.org

Nonprofit informational website on hearing loops

www.ada.gov/reachingout/t3regl2.html

Auxiliary aids and services

HLAA Chapter Information

If meeting information has not been provided below, go to www.hearingloss.org for a chapter near you.



Do You Need Help Hearing?

*Assistive Listening Devices
Might Be the Key to Better
Understanding for You*

“ I was amazed to find out how much easier it was for me to hear with these simple tools. ”

“ Why didn't someone tell me about these before? Now I don't have to feel left out at family gatherings or with my friends. ”

“ Now I don't blast friends and family out of the room when I watch TV. ”

Assistive Listening Devices:

Solutions for Common Communication Obstacles

Have you ever had difficulty hearing or understanding:

- in meetings?
- in places of worship?
- in theaters or movies?
- in restaurants?
- with shopping transactions at a pharmacy or bank?
- in public places such as airports or in municipal buildings?

In those situations, an assistive listening device can help.

What is an Assistive Listening Device?

Assistive listening devices (ALD) expand the functionality of hearing aids and cochlear implants by helping you separate the sounds you want to hear from background noise, and by enabling you to hear when the speaker is more than a few feet away.

The speaker talks into a microphone and the speech is sent straight to your ear, thus avoiding the degrading effects of noise and distance on speech intelligibility. It's really that simple.

An assistive listening device consists of a microphone to collect sound, a transmitter to send the signal across a distance, a receiver to intercept the signal, and any one of several different listening attachments to send the sound from the receiver to the user's ear, hearing aid, or cochlear implant.

When Hearing Aids or Cochlear Implants Aren't Enough

Hearing aids and cochlear implants can work wonders to improve speech understanding. Still, there are some situations that can be problematic such as listening in groups, hearing in noisy backgrounds, hearing a speaker who is more than a few feet away, and hearing in poor acoustical environments.

In these situations, turning up the volume can result in turning up the background noise that you don't want to hear.

What Can I Do to Hear Better in Noise?

One of the simplest ways is to use a personal amplifier. It is a single unit with jacks for a microphone and a listening attachment, and a volume control. These can come in handy when you are close to the speaker to cut out background noise, such as in a car or a restaurant.

There are also ways to hear better when the speaker is more than a few feet away. FM, infrared, and induction or hearing loop systems use radio waves, light waves, or magnetic fields respectively to transmit the sound you want to hear from a speaker some distance from your receiver (for example, from a teacher at the front of a room to the student sitting in class). You turn up the volume to a comfortable level for you. Each of these systems has options for small, personal, home use or large-area amplification, such as a theater or auditorium.

Are There Any Options Built into Hearing Aids?

There are options that are integrated into many behind-the-ear hearing aids and cochlear implants. These systems come with a separate microphone that you can give to the speaker and the sound will be sent directly to your hearing aid or cochlear implant. These are convenient but are more expensive than purchasing separate units.

What About Bluetooth™ Devices?

More hearing aids are equipped to allow for gateway devices that enable digital audio streaming from Bluetooth devices to the hearing aid or cochlear implant. If you enjoy Bluetooth-enabled audio devices, such as cell phones, TVs, or computers, you will probably want to check this out.

Do I Have to Wear Headphones?

Not necessarily. If your hearing aid or cochlear implant has a telecoil, you will be able to use a neckloop plugged into the headphone jack. A telecoil (or t-coil) is a small, inexpensive copper coil in most hearing aids and is built into newer cochlear implant processors. The neckloop is an insulated loop of wire worn around the neck that transmits the information to the hearing aid telecoil through a magnetic field. Many people enjoy using neckloops because they can listen with both ears without wearing headphones while still enjoying the full benefit of their hearing aid amplification settings.

There is an additional benefit of telecoils. If you are using an induction loop system, the only receiver you will need is your telecoil in your hearing aid or cochlear implant. An induction or hearing loop system gives off a magnetic field, eliminating the need for any receiver other than your telecoil. Using a telecoil and hearing loop together is seamless, cost-effective, unobtrusive, and wireless. You don't have to obtain extra equipment.

If you don't use hearing aids or cochlear implants, you can use an ALD with headphones or earbuds. Even if you use hearing aids you might be able to use headphones or earbuds. However, you might prefer to take the hearing aids out when using headphones because of feedback problems.

