



Newsletter August 2021

Thank you everyone for your patience and understanding during lockdowns 5 and 6. During lockdowns, Casey Hearing can operate for essential services. If you need something done during lockdown, please call us to see how we can service you safely. We may be able to offer you a drive through service, phone consultation or even mail out things you need.



Casey Hearing remains open to repairs

We offer a drive through service for clients who cannot enter the clinic during these times.

Our audiologist can assist our clients over the phone or book you in for a face to face consultation depending on the nature of what is needed.

Clients considered as essential can be seen.



Our receptionists, Tracey and Donna, are currently also helping the medical centre with the Covid Vaccination roll out. If you cannot get through on our phone lines, please leave a message and we will get back to you as soon as possible. Alternatively, send us your inquiry to office@caseyhearing.com.au and one of our friendly staff will contact you.



Receptionists



Tracey



Donna

Communication can be a challenge for the hard of hearing, and the mandatory wearing of face masks during Covid-19 has only made it more so. It seems face masks will be part of our lives for a long time to come. Here are some tips we can use to ensure we know how best to communicate with someone with hearing difficulties when you're wearing one.

Communication tips when using face masks

Face masks are particularly challenging for people with hearing loss. Here are some tips for how you can improve communication when wearing a mask.



Be attentive

If the person you are talking to has a hard time understanding you, rephrase the sentence instead of just repeating it.



Be patient

Face masks make lip reading impossible and muffle the sound. Therefore, be patient with the person you are talking to.



Use other forms of communication

Communicate using pen and paper, use your mobile or tablet audio recorder, or use virtual assistant.



Be mindful of distance

As the distance between two people increases, the sound level drops, and visual signals are harder to decipher.



Be visible

Make sure you face the person you are talking to. Avoid talking as you walk away from the person or turning your face in a different direction.



Be clear and distinct

Speak loudly, but do not shout. Focus on speaking slowly and clearly, but do not exaggerate your words. Use plain language.



Ensure that you have been understood

Check understanding by asking the person to repeat information back.



Eliminate background noise

Reduce ambient noise or move the conversation to a quiet place if possible.



Join the conversation

Offer to accompany the person with hearing loss for an appointment where face masks are worn, to help them hear.



Use a speech-to-text interpreter

Speech-to-text interpretation is available via mobile phone apps and can be used in everyday interactions to provide live captioning of the conversation.



National Diabetes Week

HEARING CHECK



National Diabetes Week 2021 ran from 11 – 17 July 2021.

If you have diabetes, there is an increased risk that you can develop hearing loss because high blood sugar levels can damage the tiny blood vessels in the inner ear.

Once the inner ear is damaged, lost hearing cannot be restored. With that in mind, it's important to manage your blood glucose carefully, get your hearing checked regularly, and talk to an audiologist as soon as you can when hearing-related concerns arise. Did you know Audiology can be added to your care plan?

Do our online hearing screening test <https://caseyhearing.com.au/hearing-tests/free-online-hearing-test/> or call the office to book in for a complete audiology assessment (03) 9037 7010.

Noise-Induced Hearing Loss in young people

World Health Organisation (WHO) estimates that 1.1 billion young people worldwide could be at risk of hearing loss due to unsafe listening practices. Nearly half of all teenagers and young adults (12-35 years old) are exposed to unsafe levels of sound from the use of personal audio devices and some 40% of them are exposed to potentially damaging sound levels at clubs, discos, and bars.

Noise-induced hearing loss is irreversible. Hearing loss prevention is an important part of the work we do at Casey Hearing. We educate young people about how they hear and what happens when they have been exposed to dangerously loud sounds. This will help them make informed decisions about their listening behaviours. We do this in several ways:

During audiology consultations with young musicians on a one-to-one basis and

Through science incursions so we can educate young people in groups.



Musician Earplugs

Musicians practice and perform in a variety of different settings. They are exposed to high levels of sound, sometimes for long periods. They may require different amounts of protection depending on sound levels encountered during rehearsals and performance.

Musician earplugs reduce sound levels evenly so that music and speech are clear and natural.

They reduce the risk of hearing damage, enhance the music experience for audiences while protecting hearing, and let musicians hear their own instrument and their blend with others.

Musician earplugs can be purchased as off-the-shelf products or they can be custom-made.

A Year 11 student who came to Casey Hearing said: “I have been playing music for years! Why has no one explained this to me before?” This student purchased off the shelf, filtered earplugs for musicians so she can continue to enjoy playing in the school band while protecting her hearing.



August is Tradies National Health Month

Did you know, more than 100,000 Victorian tradies risk their hearing everyday?

Hearing loss from the use or exposure of power tools and machinery noise is one of the most widespread, yet preventable, workplace injuries among Australian tradies. Even if power tools are used in short bursts of 20-30 seconds, it can have a lasting impact on your hearing, so it's important to protect it.

What are some indicators that your hearing may be at risk on a job site?

- Not having hearing protection available to use when operating power tools or machinery
- Ringing or buzzing in one or both of your ears (known as tinnitus) during or after work
- Having to raise your voice significantly to speak to a colleague who is working less than a metre away from you
- Asking colleagues to repeat themselves multiple times

At Casey Hearing, we offer employee hearing tests, advice on hearing protection and sell earplugs for noise protection. For all your hearing healthcare needs please do not hesitate to contact us.

National Science Week

National Science Week runs in schools from 14 – 21 August.
National Science Week is Australia's annual celebration of science and technology.

Running each year in August, it features more than 1000 events around Australia, including those delivered by universities, schools, research institutions, libraries, museums, and science centres.

As part of Science Week, we look forward to conducting a science incursion to a community school.



DANGEROUS DECIBELS

SCIENCE INCURSION

NATIONAL SCIENCE WEEK 14-21 AUGUST 2021



- AN INTERACTIVE CLASSROOM PROGRAM THAT USES THE PRINCIPALS OF INQUIRY-BASED LEARNING TO TEACH THE CONCEPTS OF NOISE-INDUCED HEARING LOSS PREVENTION.
- STUDENTS MEASURE SOUND, LEARN ABOUT DECIBELS, AND MAKE MODELS OF THEIR OWN EAR. THEY EXPLORE THE WAY SOUND TRAVELS, AND HOW THEY CAN PROTECT THEIR HEARING FOR YEARS TO COME IN A FUN, INTERACTIVE WORKSHOP. THEY EXPLORE THE WAY SOUND TRAVELS, AND HOW THEY CAN PROTECT THEIR HEARING FOR YEARS TO COME IN A FUN, INTERACTIVE WORKSHOP.
- BRING THE DANGEROUS DECIBELS TO A CLASSROOM IN YOUR COMMUNITY. LEARNING OUTCOMES MATCH THE AIMS OF THE SCIENCE CURRICULUM.



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iFly

Defy gravity by flying! Remember safety first. The wind tunnel can get quite loud so ensure you have your earplugs inserted properly before putting on your helmet.



Winner of Casey Hearing's birthday giveaway

Congratulations to Melissah who was the winner of Casey Hearing's birthday giveaway! She won a pair of Nuheara IQ buds2 Max. This is what she has to say about them:

" My husband has been using them at work and says they're great as they cut out background noise. When someone talks to you, you can easily tap the buds to hear people speak. We both agree that they're exceptionally clear and sound fantastic!"



If you are wanting to improve hearing in challenging listening environments and stream mobile phone calls, this may be a good option for you. Contact us at audiology@caseyhearing.com.au for more information.

Joke of the month

Don't wear headphones while vacuuming. I've just finished the whole house before realizing the vacuum wasn't plugged in.



Employee Hearing Tests

**Take Action Now!
Cover Yourself and Save.**

You would always cover yourself for:

- Fire and Damage
- Tools of Trade
- Burglary
- Public Liability

You should also include

- Employees' Hearing

Having your prospective employees' hearing tested prior to engaging their services protects you from a claim against hearing loss that may **NOT** be caused by your workplace environment.

What you need to do

Contact Casey Hearing and book your employees in for a 20 minute hearing screening appointment which includes case history taking, baseline audiogram and free advice on hearing conservation.

Our services at Casey Hearing include:

- Employment screening (20mins) for baseline measures and/or for monitoring purposes.
- Comprehensive Audiological Assessment (1hour)
- Dangerous Decibels Hearing Conservation Program (50minutes)

We can tailor a complete audiology care package, which will meet the Occupational Health & Safety obligations.



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