



NEPEAN HEARING

AUGUST 2017

Newsletter: Volume 9

Hello again from all of us at Nepean Hearing.

Hopefully everyone is keeping warm and well over winter. We're very jealous of all our patients who are heading to warmer climates to escape!

We have been busy keeping up with all the new hearing aid technology- David and Tony have recently been to a hearing aid launch in Sydney where they learnt about phone apps that work with the new Bluetooth hearing aids. Very exciting stuff!

Since the last newsletter Sara has been married and been on a honeymoon to South Africa. We wish her and her new husband well and can't wait to see the photos from their Moorooduc Train Station wedding! We're very happy she decided to get married locally and used lots of local vendors from Frankston and the Mornington Peninsula.

In other news, we have also decided to start recycling used hearing aid batteries (see page 4) so please stop throwing them in the bin and start dropping them in to Nepean Hearing. ABC's 'War on Waste' TV show has inspired us to start doing more for the environment and for our future generations (not just hearing aid batteries but other recycling also). We hope our patients will do their bit too.

Enjoy the newsletter and we hope to see you soon,

Tony, David, Sara, Donna & Courtney.



Did you know...Health leaders around the world have made hearing an international priority at a meeting of the World Health Assembly in Geneva in June 2017. 360 million people live with disabling hearing loss. Hearing loss prevalence is increasing globally due to the growth in populations of older adults, the continued high prevalence of chronic ear diseases and the increasing practice of listening to unsafe levels of sound for prolonged periods. The government is currently undertaking an inquiry into the Hearing Health & Wellbeing of Australians.

Five Keys to Communication Success- Around the House

(taken from the book "Frustrated by Hearing Loss" by Dusty Ann Jessen)



1. ENVIRONMENT

The most common communication breakdowns happen between family members in their own home. The good news is this is the easiest environment to manipulate. It may not always be convenient, but it is easy. Don't try to compete with other sounds. If you want to have a meaningful conversation, turn off the television, turn off the radio, turn off the dishwasher and turn off the washing machine. It is entirely possible (and easy) to get rid of the background noise in your own home when effective communication is a priority. This is the responsibility of both communication partners.

2. SPEAKER

The most common speaker error in the home is talking from another room. This generally does not work, even for people with normal hearing. It is imperative that you are face-to-face before you start speaking. A large part of your message is being received through visual cues so the listener must see your face when you speak. Listeners cannot see these important cues from another room. Your job is to go to your listener or to (nicely) request that he or she comes to you...before you begin talking. If your listener does not understand what you have said, rephrase what you said rather than repeating the same words over again.

3. LISTENER

If you want to nurture your relationship with the people you live with, you must make an effort to actively listen to them around the house. You must MAKE THEIR MESSAGE A PRIORITY, and minimize the 'selective hearing loss' that so many patients admit to suffering from. If your spouse begins speaking to you while you are watching TV, then grab the remote and mute it for a moment. If you are in another room and hear your spouse talking to you, then go to that room, or (nicely) request that he or she comes to you. You are equally responsible for making sure you can see the speaker's face.

4. TECHNOLOGY

If you have hearing aids, wear them around the house. So often patients will take their hearing aids out when they get home to 'give their ears a rest.' While this is OK when you are first getting used to hearing aids, it is absolutely unacceptable after that. People who do this are essentially saying their 'away from home' relationships are more important than their 'in home' relationships. WEAR YOUR HEARING AIDS AT HOME.

5. PRACTICE

Most people have spent many years developing bad communication habits around the home. They've gotten used to talking over the TV and trying to have conversations while washing the dishes. Practice and repetition are essential to creating new habits. Experts say it takes 30 days to create a new habit. This means that for 30 days, you must be very conscious of reducing background noise and facing each other when you talk. It may seem tedious and troublesome at first but STICK WITH IT! Your efforts will pay off in reduced frustration and improved relationships.

The National Disability Insurance Scheme (NDIS)

The NDIS:

- is the new way of providing support for Australians with disability (including hearing loss).
- will provide about 460,000 Australians under the age of 65 with a permanent and significant disability with the reasonable and necessary supports they need to live an ordinary life.



What does it mean for me?

If you are over 65 years of age:

You are not eligible for the NDIS.

If you currently are on a pension and receive services through the Office of Hearing Services then this will continue. If you are not on a pension then you will continue to pay for your hearing aids and hearing services.

If you are between 26-65 years of age:

You can access funding through the NDIS if you have hearing loss and you require hearing aids or a listening device in order to participate in the community or gain/maintain employment.

Funding through the NDIS is NOT means tested, however to access the NDIS you must be an Australian citizen or permanent Australian resident.

You will still be able to choose your hearing service provider and will be able to continue seeing any of the audiologists at Nepean Hearing.

The NDIS will be rolled out in the Bayside Peninsula area from 1st April, 2018.

For further information about how to access funding through the NDIS please visit their website- <https://www.ndis.gov.au/>

NDIS Funding

By the time the NDIS is fully rolled out in 2019-2020, our governments will be investing a total of \$22 billion a year in disability services, that's \$11 billion more than previously.

The Federal Government will provide a little over half of the NDIS funding, and each state and territory will contribute to provide the rest.

Most taxpayers have been chipping in to help cover the federal costs through the recent rise to the Medicare levy.



What should I do with my old hearing aid batteries?

(Taken from www.hearingaidbatteries.com.au)

The short answer is- RECYCLE THEM.

In Australia, about 350 million batteries are purchased every year. Over two-thirds of batteries disposed are sent to landfill, making them the most common form of hazardous waste. Only 6% (by weight) of handheld batteries are currently being recovered for reprocessing.

The zinc in zinc-air batteries is a hazardous component. So is the mercury or mercuric oxide if the battery contains mercury. The danger in throwing them in the garbage when used up, is that when the batteries are dumped at a landfill, over time, the decaying of the batteries could release harmful chemicals into the environment.

Zinc-air and alkaline batteries can be reprocessed using a number of different methods, which include smelting and other thermal-metallurgical processes to recover the metal content (particularly zinc). The nickel from batteries can be recycled and used to produce stainless steel. Other materials recycled from batteries can be used to produce new batteries, fertilisers, rubbish bins and plant pots.

While you are not required by law to recycle hearing aid batteries, recycling them is strongly encouraged.

Having said this, hearing aid batteries seem to be quite difficult to recycle. Nepean Hearing have called the local council and various battery recycling centers and no one seems to accept hearing aid batteries. After lots of research we have found a Victorian company that will collect hearing aid batteries for recycling. Even though this process does not come cheap, we are happy to cover this cost to do our bit for the environment. ***So do your bit and bring your used hearing aid batteries back to us to be recycled!***



**NEPEAN
HEARING**

Contact Details:

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Locations:

Frankston: 13 Hastings Rd

Cranbourne: 184 South Gippsland Hwy

Mt Eliza: Ti-Tree Family Doctors,
118 Mount Eliza Way

Hastings: Community Health Centre,
185 High St

We also have visiting sites at Baxter Village, St Johns Village, Opal by the Bay, Lynbrook Park, Southern Cross Care Lynbrook & Langford Grange Cranbourne.