



DeafHear.ie

Services for Deaf & Hard of Hearing People

Celebrating 50 Years

1964 - 2014

SOUTH

Summer 2014

CONNECTED — PARENTS COURSE

In Kerry this year we held our first course specifically for parents of children with hearing loss.

The course aimed to help parents to be:

- More Connected with their child
- More Connected with other parents
- More Connected with the professionals supporting their child

We met every Wednesday for five weeks and throughout the course we focused on:

- Communicating well with your child – methods of communicating
- The power of play
- Dealing well with challenging behaviors
- Supporting your child's education

Throughout the course parents were able to share with each other some of the added challenges they had experienced when raising a child with hearing loss. There was a range of ages of children represented in the group so people were able to share experiences of parenting through various ages and stages of development. Sharing knowledge and skills proved really useful for parents who were struggling with a particular behaviour – learning from parents who had “been there”.



Watching the peer support grow within the group as the weeks went on was a really positive aspect of the course. Feedback from the parents showed that this was a really important element of the course—the opportunity to meet with other parents, share experiences and learn from each other is something that was reflected back to us again and again. Keeping an element of fun throughout the course was also important and there was plenty of that throughout the weeks!



We invited guest speakers along to the group meetings and we were delighted to have presentations from :

- A Speech and Language Therapist from the HSE
- The Visiting Teacher for deaf and hard of hearing children in Kerry
- Teacher for deaf children who joined us from Beaumont Hospital

This was a great opportunity for parents to meet these professionals on an informal basis and the group enjoyed the interactive discussions that occurred at these sessions.

Parents have expressed a wish to continue meeting on a regular basis as a Peer Support group. We are delighted to facilitate this and will work within the community to make this as accessible as possible for parents around Kerry. We hope this course will run again in Kerry with an aim to roll out annually into the future. If you are interested in finding out more about this course contact Jo on 087 272 3862.



Hearing Aid Batteries for Sale

Pack of 6 - €2.00

Cochlear Implant Batteries
€3.00 for a pack of 6

DeafHear.ie
Services for Deaf & Hard of Hearing People

Are you Affected by Tinnitus?



You are not alone.

DeafHear offer one to one support as well as the chance to meet with others who are also affected by Tinnitus

For support and information:

Contact: Jo Lambe

Text: 087 272 3862

Email:

jo.lambe@deafhear.ie

DeafHear.ie, Killarney Office, 10 Flemings Lane, High Street, Killarney, Co. Kerry

Tel: 064 66 20052 Fax: 064 662 0053 Mobile: 086 805 6202 Email: killarney@deafhear.ie

Hearing Loss associated with more Hospital Stays in Older Age.

Older adults with hearing loss are more likely than peers with normal hearing to require hospitalisation and suffer from periods of inactivity and depression, according to results of a new study by experts at Johns Hopkins University in Baltimore. The findings have recently been reported in the Journal of the American Medical Association.



The four year study involved tests on 1,140 men and women aged 70 and older with hearing loss, and 529 men and women aged over 70 with normal hearing. The results showed that those with hearing loss were 32 per cent more likely to have been admitted to a hospital than those with normal hearing. The findings are believed to be the first to show the broader, economic and long-term effects of hearing loss on general health.

“Hearing loss may have a profoundly detrimental effect on older people’s physical and mental well-being, and even health care resources,” says senior study investigator Frank Lin, M.D., Ph.D. “Our results underscore why hearing loss should not be considered an inconsequential part of ageing, but an important issue for public health,” says Lin. He also said that two-thirds of men and women aged 70 years and older, suffer from some form of hearing loss. In Ireland, the HSE estimate that 8% of all adults, approximately 270,000 people, have a disabling hearing loss.

Other key findings included that older adults with hearing loss were 36% more likely to have prolonged stretches of illness or injury (lasting more than 10 days), and 57% more likely to have deep episodes of stress, depression or bad mood (for more than 10 days).

Lin says social isolation resulting from hearing loss may explain the physical and mental declines – as well as the cognitive deficits – that afflict older adults. This, in turn, may lead to more illness and hospitalization, he says. His team already has further research under way to see if treating hearing loss with counselling and hearing aids can reduce people’s risk of cognitive decline and dementia.

DeafHear’s Head of Information Brendan Lennon says this study shows that we need to take an active population health approach to hearing loss. “We know that people wait up to ten years between the onset of a hearing loss and taking action. We now know that this not only adds to the personal burden, but also involves significant economic costs.” The earlier people get fitted with hearing aids, the easier they find it to get used to them, he added. Lots of studies have shown that the fitting of hearing aids and the use of other assistive technology significantly enhances the quality of life and independence of people with acquired hearing loss.

If you are concerned about your hearing, contact your GP or your local [DeafHear Resource Centre.](#)

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DIAGNOSIS
1964: 48 months
2014: 3 months

EDUCATION
1964: Limited prospects
2014: 3rd Level Aspirations

TELEVISION
1964: Subtitles 0% / Signed News 0
2014: Subtitles 71% / Signed News Daily

TECHNOLOGY
1964: No Access
2014: Access

www.deafhear.ie

Kerry Tinnitus Support Meetings



In April we opened our doors to our Tinnitus group, who came together for an informal meeting of support and information.

This well attended meeting gave people a chance to chat with each other and share some tips and techniques that individuals had found had reduced the impact of tinnitus for them.

People discussed the affects of diet change as well as practicing various relaxation techniques.

As with all of our tinnitus meetings this was a relaxed, informal occasion that gave everyone the chance to chat with others, share ideas and support each other.

If you would like to join us at our next meeting or if you would like support with coping with Tinnitus please contact us:

Tel: 064 66 20052

Fax: 064 66 20053

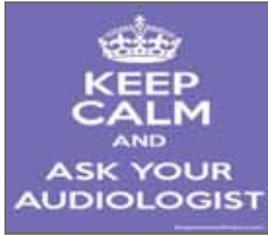
Mob/Text: 086 805 6202

Email: killarney@deafhear.ie

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Tel: 064 66 20052 Fax: 064 662 0053 Mobile: 086 805 6202 Email: killarney@deafhear.ie

FREE HEARING TEST



- Are you worried about your hearing?
- Do you need hearing aids?

Make an appointment to see our Audiologist to discuss your concerns.

Fortnightly clinics at our Killarney office.

For an appointment please contact us:

Office: 064 66 20052

Mob/Text: 086 805 6202

Email: killarney@deafhear.ie

DEAFHEAR SUMMER FAMILY EVENTS

Summer 2014 will be busy with our Family activities.

These events are great fun for all and are a important opportunity for

- Children with a hearing loss to meet up
- Make new friends
- Parents to meet other parents
- Fun
- Siblings are welcome too



Birthday cards Posters Books



Hearing aid jewellery



Technology for kids



For more information call in to any of our Resource Centres or visit Parents Corner @ DeafHear.ie

Summer fun includes:

- Family Day at the Beach
- Pet Farm
- Bowling
- Crazy golf
- Arts and crafts



If your child has a hearing loss come and join us.



For more information contact us

Tel:064 66 20052

Fax: 064 66 20053

Mob/Text:086 805 6202

Email: killarney@deafher.ie

Outreach Service Kerry 2014



Tralee (Drop in)

Clogheresta, Hawley Park, Tralee
On the second Friday of every month
from 10.30—12.30pm.

Killorglin (Drop in)

Killorglin Day Care Centre, Killorglin
On the second Thursday of every month
from 2pm—4.30pm

Caherciveen (By Appointment Only)

Caherciveen Community Centre, Caherciveen
On the second Tuesday of every month
from 11am—3pm
Contact Jo on 087 272 3862

- Free & Confidential Service
- Support & Information
- Minor Hearing Aid Repairs
- Assistive Technology
- Benefits & Entitlements

See you there!

KILLARNEY STAFF

Aileen Curtyne

Team Leader/Social Worker



Maura OLeary

Information Officer



Jo Lambe

Community Resource Worker



 **DeafHear.ie**  **@deafhear**

NEW! Amplicomms TV/Radio Listening Devices



Set TV 2400

Price: €128.00

Members Price: €114.00

Hear the TV again with the new TV2400 wireless listener, now at the most competitive price available! Just plug the base unit into your TV and wear the headset all around your home. Press on the large easily accessible button on front of headset to hear those around you, press again to return to loud and clear TV transmission! Adjust volume and tone to your liking, enjoy flawless CD quality of sound. 2.4 GHz Radio transmission through walls and ceilings. Sound from your TV is not cut off for other members of the household, you can all listen together, each at your optimal volume level.



Set TV 2410 Neckloop

Price: €140.00

Members Price: €125.00

This clever device is designed to connect directly to hearing aids which means you don't have to remove you hearing aids to watch TV at your chosen volume. Using the telecoil setting in your hearing aids, the volume and tone will be set by the hearing aid so that the TV is loud and clear and speech and background sounds and noise will be easy to differentiate. This is compatible with all hearing aids with a telecoil 'T' or-loop setting.

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