



DEAR AUDIOLOGIST

PLEASE ASK ME ABOUT MY FEELINGS

Often patients with hearing loss or parents with children who have hearing loss do not initiate sharing their feelings with their audiologist*

Audiologists who engage with warmth and attention to feelings, are better able to help their patients navigate hearing loss. Here are some ways to help your audiologist help you acknowledge your feelings:

DO YOU USE ANY MENTAL HEALTH SCREENINGS FOR YOUR PATIENTS? I WOULD LIKE TO TAKE ONE TO GET AN UNDERSTANDING ON THE RELATIONSHIP OF MY HEARING LOSS AND MY WELL-BEING.

I'VE NOTICED THAT SOME LISTENING SITUATIONS CAUSE ME (OR MY CHILD) A LOT OF STRESS. CAN WE TALK ABOUT HOW TO HANDLE MY STRESS IN THESE SITUATIONS?

DR. (INSERT NAME HERE), WE'VE TALKED A LOT ABOUT HOW THIS HEARING AID WORKS, BUT NOT ABOUT HOW I'M FEELING ABOUT THIS HEARING AID. I'M FEELING (INSERT FEELING HERE)....

*Kasin, C. P., Munoz, K. F., Ong, C. W., Whicker, J. J., & Twohig, M. P. (2020). Well-being of Parents of Children Who Are Deaf or Hard of Hearing. *Journal of Early Hearing Detection and Intervention*, 5(1), 86–97.

