

# Hearing Link

T a s m a n i a

Screening • Assessment • Prevention

## Services set to increase with office & equipment upgrade at Hearing Link Tasmania

**H**earing Link Tasmania's Hobart office has recently been upgraded to include a separate consultation room for conducting hearing screenings and technology demonstrations. This service is provided free to any members of the public over the age of 14 who would like to have their hearing tested and to receive information and advice about hearing loss.

The office upgrade came about as part of the renovation of the Tasmanian Deaf Society offices, which are located on Elizabeth Street in North Hobart.

As well as the new office

space, Hearing Link Tasmania has recently purchased additional audiometry equipment, including two new audiometers and a noise testing meter.

It is intended that this equipment upgrade will enable Hearing Link Tasmania's team of Screening Audiometrists to expand the capacity and scope of their community and industrial hearing screening services. In particular, the team is planning to deliver hearing tests in 2011 to people living in remote and rural areas, for example industrial screenings of forestry and agricultural workers.



Above: Newly renovated Hearing Link Tasmania office in North Hobart

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## Hearing Aid Bank now available in Launceston

We all know that recycling benefits the environment. But did you know it can also benefit your hearing?

Hearing Link Tasmania's Hearing Aid Bank program collects pre-used hearing aids that are no longer needed and

has them cleaned and reconditioned to then be distributed to low-income earners who otherwise can't afford to buy new hearing aids.

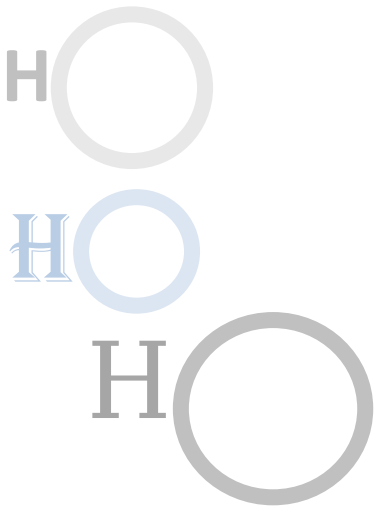
While this program has been operating in Hobart for a

Hearing Link Tasmania is a division of the Tasmanian Deaf Society Inc.





## Office hours during the Christmas and New Year period



The Hobart and Launceston Hearing Link Tasmania offices will close from 12pm on 24th December and reopen on Tuesday 4th January at 9am.

A number of our Screening Audiometrist staff will also take some well-earned time off during January 2011. Catherine Goodluck will be away for four

weeks, and will return in early February. David Closs will be away for one week, and will return on Monday 10th January.

Free hearing screenings for the public will be available in Hobart and Launceston from mid-January.

## A noisy workplace is not just a 'part of the job'

**E**xposure to excess noise is an issue that many industrial workplaces need to address to prevent noise-induced hearing loss amongst Tasmanian workers.

Noise injury or hearing loss is the most common form of permanent disability in Australia. Industry can expose staff to high levels of noise leading to potential hearing damage. This damage is often permanent and can greatly affect a worker's quality of life.

A noisy workplace is not a 'part of the job'. There are many ways to minimise the potential for harm caused by workplace noise, including noise level checks, audiometric screenings

for staff and the mandatory wearing of protective equipment.

Hearing Link Tasmania works with

businesses and industries to address the harm caused by noisy workplaces. Under the requirements set out by Work Safe Tasmania, all workplaces where workers are regularly exposed to noise exceeding 83dB must have their hearing tested annually.

Hearing Link Tasmania has a team of three qualified Industrial Screening Audiometrists who provide workplace noise level readings and hearing



screenings for staff in noise-affected industries. Hearing Link Tasmania also provides consultations to industry about effective hearing protective equipment and other safety measures.

Employers and any workers who are concerned about their hearing are welcome to contact Hearing Link Tasmania on 6231 6501 to find out more information.

### Improve the hearing health of workers in Tasmania

Contact Hearing Link Tasmania to organise

**Workplace noise level assessment** ~ includes noise level meter readings, full consultation and final written report with recommendations: \$75.00 incl. GST

**Industrial audiometry screenings** ~ for individual workers with full written reports for each worker: \$55.00 incl. GST.

# Learn how to manage your tinnitus

**H**earing Link Tasmania has recently secured funding to develop, promote and implement a series of seminars about Tinnitus.

Tinnitus is an auditory condition that causes a person to hear persistent sounds in one ear, two ears or in the head which are not present in the external environment. It can typically be heard as a ringing,

issues including depression and anxiety.

With between 17-30% experiencing persistent tinnitus, this condition affects a significant number of Tasmanians; however, many do not have access to adequate support or are uncertain about whether or not they should seek help, as it is a common belief that 'there is nothing that can be done' and 'you just have to learn to live with it.'

18<sup>th</sup> 2011 in Burnie, Launceston and Hobart. They will be run by Ian Patterson and Ross McKeown from Tinnitus Victoria who have run these seminars throughout Victoria over many years. The seminars will be held at 2pm and 7pm on 14<sup>th</sup> March (Burnie), 15<sup>th</sup> March (Launceston) and on 17<sup>th</sup> and 18<sup>th</sup> March (Hobart). The program of seminars is being funded by the Tasmanian



Tinnitus affects a significant number of Tasmanians; however, many do not have access to adequate support.

buzzing, hissing or clicking noise.

Tinnitus can severely impact on a person's ability to cope with normal life activities, such as working, engaging in conversations, concentrating and sleeping. Tinnitus can also lead to mental health

Hearing Link Tasmania intends to dispel such myths by holding a series of seminars about tinnitus for those individuals who are affected by the condition and their families to attend. The seminars will provide tinnitus sufferers with information and strategies to enable them to successfully manage their condition. The seminars will be held from March 14<sup>th</sup> to

government's Community Support Levy Small Grants Program.

Please refer to the flyer on the following page to find out how to register to attend one of the seminars.



## A Message from the National Relay Service



An update from Tasmanian NRS Representative, David Closs

**T**he National Relay Service (NRS) Outreach management is currently negotiating to have our contract with ACMA extended beyond the current contract date of June 2011. We are hopeful we will be

able to continue supporting people with hearing or speech disability to use telephone services for many years to come.

The recent NRS team meeting in Sydney saw David Closs from Hearing Link Tasmania work with the other state

Education Officers to plan new strategies for promoting the NRS. In particular we are working to make sure government departments and businesses are Relay Service Friendly. Currently Metro Tasmania is changing their contact details and training staff to ensure that when we ring them through the NRS, they are able to manage calls effectively.



Do you **hear** a  
*ringing*  
or a similar,  
persistent  
noise  
in your  
*ears?*

You may be suffering from a  
common condition known as  
**tinnitus.**

Tinnitus affects large numbers of Tasmanians.

Tinnitus can be extremely debilitating. Sufferers can experience frustration, frequent mood swings, depression, tension, poor concentration and sleep problems.

While many people think that nothing can be done about their tinnitus,  
*there are a range of management techniques  
that people can learn so that  
tinnitus will have little or no  
effect on their lives.*

For more information, and to register to attend one of the seminars, please contact Hearing Link Tasmania. Call David in Hobart: (03) 6231 6501, Rachel in Launceston: (03) 6331 9766, or send us an email: [info@hearinglink.com.au](mailto:info@hearinglink.com.au)

Hearing Link Tasmania, through partnership with the Tinnitus Association of Victoria, will be hosting seminars in Hobart, Launceston and Burnie during March 2011 for tinnitus sufferers and their families.

Hearing Link

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A Division of  
Tasmanian Deaf  
Society



Learn the basics:

# HEARING AIDS



There are various types of hearing aids to suit people with different types of hearing loss. Before choosing your hearing aids it's important to know some basic information about the types available.

**H**earing aids may be worn behind the ear or completely in the ear.

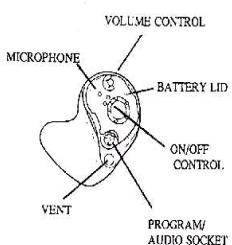
Typical behind-the-ear and in-the-ear aids are illustrated (below). Controls and marking will vary on aids of different manufacture. The smaller the aid the smaller the switch and volume controls. The battery is also

smaller. Some aids have remote control units that may help manipulate the controls more easily. Generally all aids are digital although analogue aids may suit some forms of hearing loss.

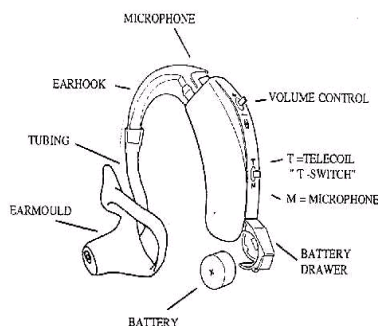
It is recommended that prior to purchasing your hearing aids, you take the time to handle the hearing aid and try all the controls before making a decision about the type of aid to be chosen.

It is also recommended that aids be fitted with a telecoil or "T" switch. This feature allows for aids to be used in conjunction with assistive listening devices and places where "loops" are found such as community halls, cinemas and the telephone receiver.

AN IN-THE-EAR AID



A BEHIND-THE-EAR AID



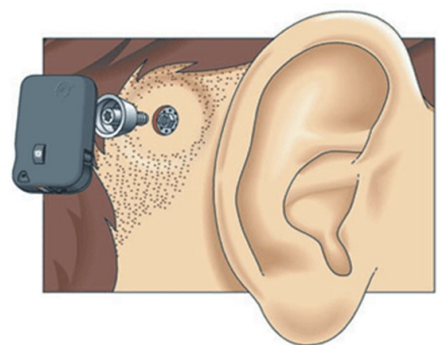
... and have you heard about

## Bone-Anchored Hearing Aids?

A Bone-Anchored Hearing Aid is a type of hearing aid based on bone conduction.

The aids use a surgically implanted abutment to transmit sound by direct conduction through bone to the inner ear, bypassing the external auditory canal and middle ear. A titanium "post" is surgically embedded into the skull with a small abutment exposed outside

the skin. The implant vibrates the skull and inner ear, which stimulate the nerve fibres of the inner ear, allowing hearing.



Bone anchored hearing aids are primarily suited to people who have conductive hearing losses, unilateral hearing loss and people with mixed hearing losses who cannot otherwise wear in-the-ear or behind-the-ear hearing aids.

Find out what you can do to reduce

the symptoms of

# MENIERE'S disease

**H**earing Link Tasmania will be working in conjunction with Meniere's Australia to provide important services for people suffering from Meniere's disease, a condition in which excess fluid in the inner ear upsets the ear's balance and hearing mechanisms.

The symptoms of Meniere's include vertigo, tinnitus, ear pressure and muffled hearing. It is estimated that over 1000 Tasmanians suffer from this condition.

During recent talks between the two organisations, Hearing Link Tasmania has agreed to work with Meniere's Australia to act as the local provider of support and information for people living in the greater Hobart area who suffer from Meniere's disease.

Meniere's sufferers are welcome to join Hearing Link Tasmania's '*Hard of Hearing, Meniere's and Tinnitus Support Group*' to meet and talk with other individuals who also suffer from this condition, and to gain support and information to learn how to reduce the effect of their Meniere's symptoms. This group meets at 10:30am on the third Wednesday of each month at the Tasdeaf office, 334 Elizabeth Street, North Hobart.

There is no group meeting scheduled to take place in December of this year, however members of the public who are impacted by this condition are encouraged to contact Hearing Link Tasmania to join the group and to attend the next session early in 2011.

## Low salt cooking essentials

Now in convenient jars



A low salt diet can help reduce the vertigo attacks associated with Ménière's

To order...

Phone 1300 368 818

Email: [info@menieres.org.au](mailto:info@menieres.org.au)

**Baking powder** \$7 per 200g

**Stock powder** (vegetable, chicken, beef) \$8 per 200g

**Potassium bicarbonate** (soda substitute) \$7 per 200g

**Calcium glutamate** (flavour enhancer) \$10 per 80g

Although there is no cure for Meniere's disease, it is possible to manage the symptoms by making changes to diet, such as a low-salt diet, and there are also various forms of treatment and medication available that can reduce the symptoms associated with the disease.

Above is some information about low salt cooking products that are available through Meniere's Australia. For further information, please contact Hearing Link Tasmania on 6231 6501 or email [info@hearinglink.com.au](mailto:info@hearinglink.com.au).



Get your hands on the latest digital technology

# crystal-clear sound

that will give you

## Bellman Audio Domino Pro



*Difficult to hear remote and nearby sounds?*

*Want something that is easy to handle?*

**B**ellman Audio Domino is a revolutionary wireless personal hearing system that uses digital state-of-the-art sound processing and wireless wideband technology to bring out speech in difficult listening situations at home, at work, at school, in a restaurant, in the car and while watching the TV. Domino is designed both for hearing aid wearers (using a neckloop with the T switch) and delivers crystal-clear sound, free from background noise and feedback. Domino will make a big difference in your daily life.

Domino's unique design makes use very intuitive. All common

features can be accessed with a single push of a button, eliminating complicated menus.

### How Domino works

The Domino system consists of a transmitter and a receiver, equipped with state-of-the-art microphones. The sound is picked up both by the remote transmitter and receiver (adjustable balance) and converted into digital data which allows the user to hear both remote and close conversations. Speech is clarified and annoying background noise is eliminated. The transmitter sound is streamed over an encrypted wireless link to the receiver for

listening with earbuds, headphones or Neck-loop (with T switch). The transmitter also incorporates a stereo input for streaming high quality audio from your TV, MP3 player or stereo system. From the functions of the two units.

The Bellman Audio Domino Pro is frequently used in school and university settings to ensure that Hard of Hearing students don't miss important information and can engage in classroom activities with ease.

Visit [Hearing Link Tasmania](#) today for a free consultation and trial of the Bellman Audio Domino.

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number of years, Hearing Link Tasmania is delighted to announce that the Hearing Aid Bank program is now available for Hard of Hearing residents in the north of Tasmania.

Working in partnership with Launceston-based audiologist Ian Parsons, the program allows low-income earners who

have a health care card to be fitted with behind-the-ear or in-the-ear hearing aids at a reduced cost.

Refer to page 5 of this newsletter to read some basic facts about hearing aids. For more information about the Hearing Aid Bank, and to apply for the program, please contact Hearing Link Tasmania.

Become a  
**member** of

# Hearing Link

T a s m a n i a

Hearing Link Tasmania supports people affected by hearing loss and works to reduce the incidences of hearing loss in the Tasmanian community.

**We can help with**

information about hearing loss and your options

free hearing screenings

workplace assessments

technology and equipment

industrial screening to AS/NZ standard

and more

Become a member today and support the services that Hearing Link Tasmania provides.

Cost of membership is \$15.00 per year (\$12.00 for concession). Organisational membership is \$50.00 per year.

Call Hearing Link Tasmania on 6231 6501 or email us at [info@hearinglink.com.au](mailto:info@hearinglink.com.au) to receive a membership form and to join the growing number of Tasmanians who want to be kept in the loop with information about hearing loss.



From everyone at Hearing Link Tasmania, we'd like to wish you a happy Christmas and a safe holiday break.

We look forward to seeing you again in 2011!

## Contact Us

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# Hearing Link

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