



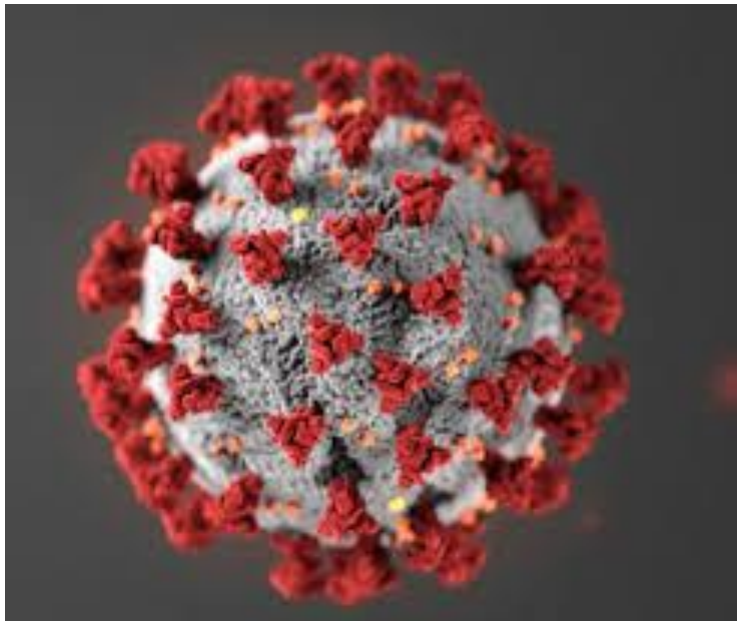
CLEVELAND  
Hearing & Speech  
CENTER®

# Hear Better while Social Distancing

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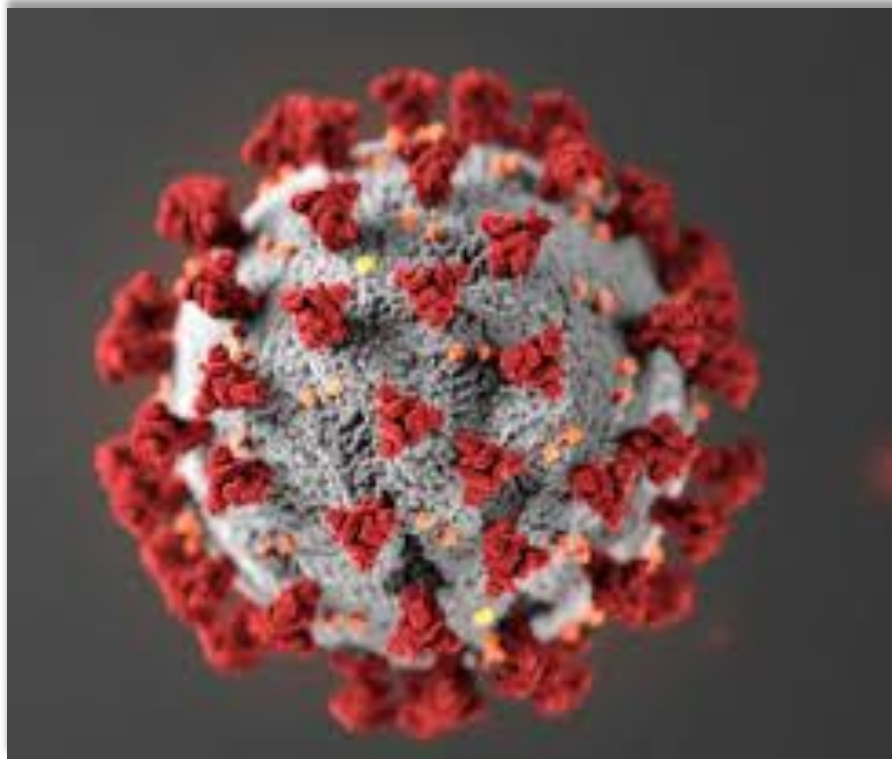
# 2020: The Year of COVID-19



# COVID-19: People at Increased Risk

- Older adults
- People with underlying medical conditions
  - Cancer
  - Chronic kidney disease
  - COPD
  - Immunocompromised from solid organ transplant
  - Obesity
  - Serious heart conditions
  - Sickle cell disease
  - Type 2 diabetes mellitus

# Precautions to Preventing COVID-19



Wash your hands!



# Cover coughs and sneezes



# Avoid close contact with others



Cover your mouth and nose with a mask when around others





~~Social~~ Distancing

Physical Distancing

# Hearing Loss & Depression



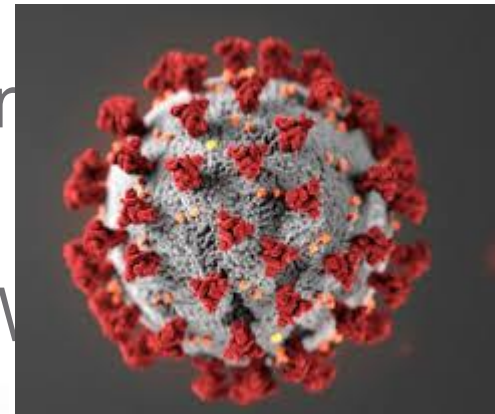
Social isolation

# Hearing Loss & Depression

Hearing Loss



Frustration



Withdrawal  
Avoidance  
of certain situations



Social isolation



# Hearing Loss & Depression: Studies

- Studies show that social isolation is related to depression
- Studies show a relationship between hearing loss and depression (increased risk of depression with increased hearing loss)
- Studies show a decrease in the incidence of depression with hearing aid use



*Hsu et al. (2016), Mener et al. (2013)*

# Maintaining Social Connections

Use technology!



# Maintaining Social Connections

- Get outside!
- Wear a mask at social gatherings
- Gather in small groups using physical distancing
- Plan a “car” get-together



# Overcoming Challenges with Masks



- Successfully wearing a hearing aid with a mask
- Hearing conversations when speaker is wearing a mask

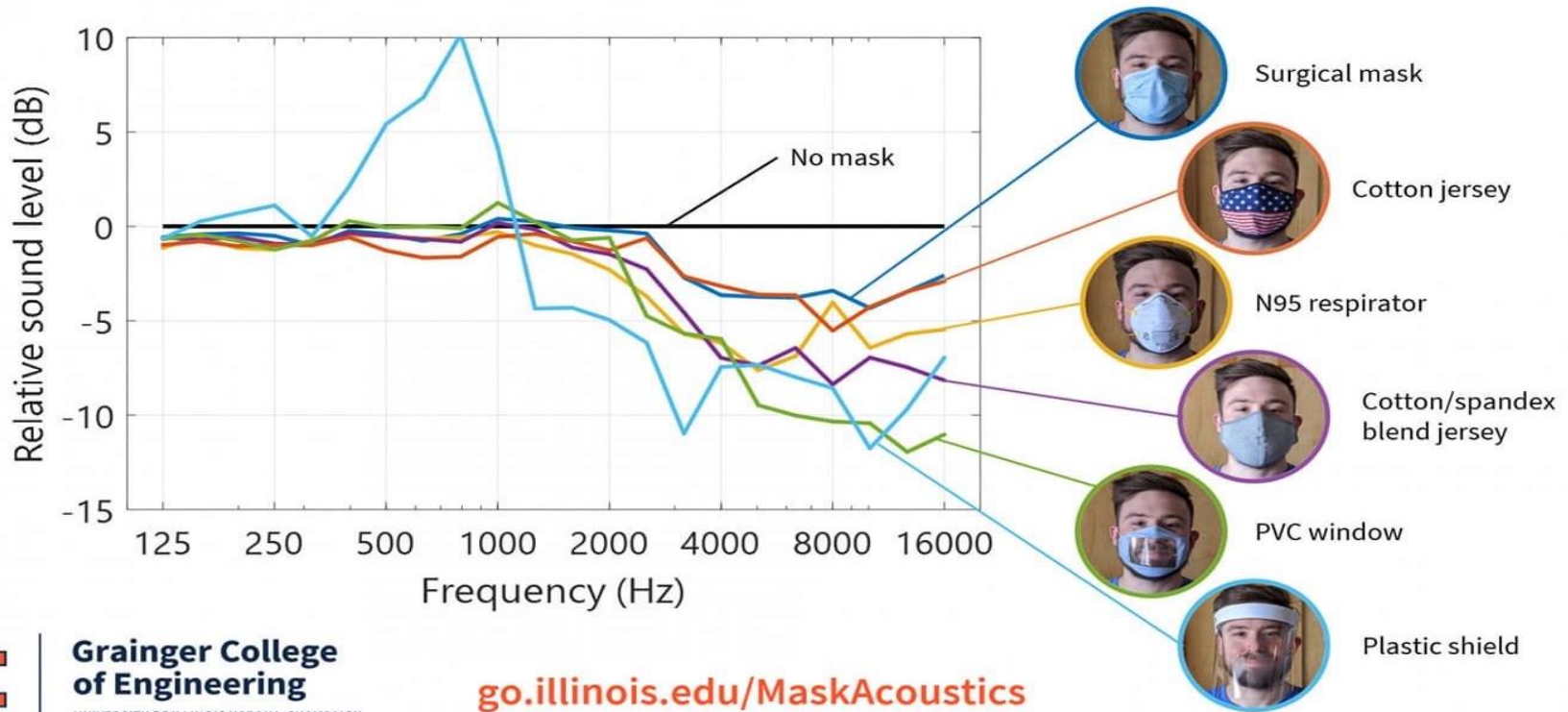
# Successfully Wearing Hearing Aids with Masks

Don't lose your hearing aids when you remove your mask!!!





# Hearing Conversations when the Speaker is Wearing a Mask



**Grainger College of Engineering**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

[go.illinois.edu/MaskAcoustics](http://go.illinois.edu/MaskAcoustics)

Masks decrease the high pitched sounds!

# Hearing Conversations when the Speaker is Wearing a Mask



Get the person's attention before speaking

# Hearing Conversations when the Speaker is Wearing a Mask



Reduce background noise as much as possible

# Hearing Conversations when the Speaker is Wearing a Mask

## CLEAR SPEECH

Speak slowly and clearly

Don't shout

Don't exaggerate your words

# Hearing Conversations when the Speaker is Wearing a Mask



Wear a  
communicator  
mask

# Hearing Conversations when the Speaker is Wearing a Mask



If you wear hearing aids, ask your audiologist for a “mask program”

# Hearing Conversations when the Speaker is Wearing a Mask

**Patience**  
**is when you're suppose to be**  
**mad but you choose to**  
**understand.**

Be patient!

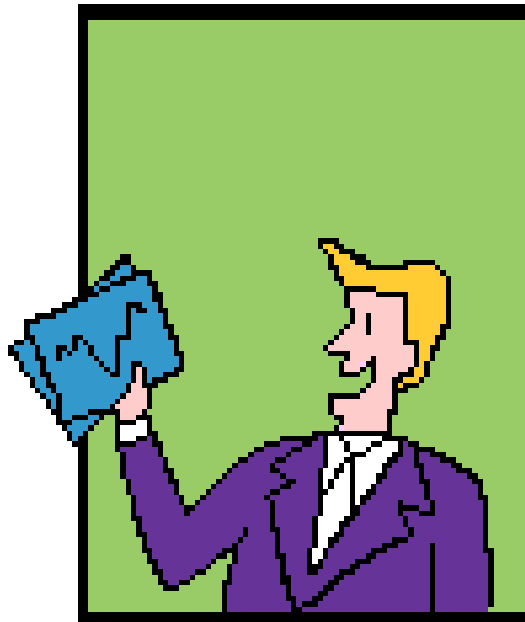


**Stay safe**  
**Stay healthy**



# Questions?

# Comments?





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