

My Hearing Diary

Reflect on your hearing and
communication over a week

Acknowledgements

This diary was constructed by Soundfair. We are a member based charity and exist to empower hearing equality. Thank you to our partner Ida Institute for their fantastic work creating resources to assist people with hearing conditions. Many of the resources featured in this booklet have been sourced from or inspired by their work.

Introduction

Welcome to your hearing diary!

This diary will encourage you to reflect on your hearing and communication over the course of a week.

If you have not engaged a hearing care professional yet, take your completed diary to the first appointment to aid your discussion. Or, If you are already seeing a hearing care professional you may find this diary helpful for identifying areas where you need more support.

Spend 5-10 minutes at the end of each day reflecting on your hearing and communication. On each page you will find questions to prompt your reflection and space to document your thoughts.

You will also find top tips and information scattered throughout the diary.

Did you know?

1 in 6 Australians are
living with a
hearing condition

To hear their stories visit our
website: www.soundfair.org.au

Day One

Date: _____

Describe the activities or situations that required you to hear today:

What activities or situations were **easy** for you to hear in today?

What activities or situations were **less** easy for you to hear in today and why?

Overall, how confident did you feel in your communication today? (circle)



Not confident



somewhat confident



confident

Top tip number 1:

Keep up with the conversation

Even if you know what topic is being discussed, it can be a challenge to keep up with details in a conversation. However, there are different ways you can stay on track.

For example, you can:

- Ask the person to repeat what they said using different words.
- Let the person know which bits you did get and which you did not
- Check that you have understood by repeating their points
- Watch the person's body language, face and gestures to help you

Find more tips for keeping up with conversations, including videos at:

https://idainstitute.com/tools/telecare/everyday_life_with_hearing_loss/keep_up_with_conversation/

Day Two

Date: _____

Describe the activities or situations that required you to hear today:

What activities or situations were **easy** for you to hear in today?

What activities or situations were **less** easy for you to hear in today and why?

Overall, how confident did you feel in your communication today? (circle)



Not confident



somewhat confident



confident

Top tip number 2:

Plan your day

Sometimes communication just happens and this can be difficult to predict and control. Other situations can be planned. Building a habit of planning ahead will help you make the most of those occasions, and help you adapt in unplanned situations.

For example you can:

- Go to a venue ahead of time to determine if it will be suitable for communication and if not then consider changing the venue.
- Think about which table will be in the quietest part of the restaurant and make a reservation at that table.
- Arrive early so you can select the most appropriate seat at the table.

Find more information about planning your day, including videos at:

https://idainstitute.com/tools/telecare/everyday_life_with_hearing_loss/plan_your_day/

Day Three

Date: _____

Describe the activities or situations that required you to hear today:

What activities or situations were **easy** for you to hear in today?

What activities or situations were **less** easy for you to hear in today and why?

Overall, how confident did you feel in your communication today? (circle)



Not confident



somewhat confident



confident

Helen Keller:

"Blindness separates
people from things;
deafness separates
people from
people"

Can you relate? Talk about your
feelings with a person you trust

Day Four

Date: _____

Describe the activities or situations that required you to hear today:

What activities or situations were **easy** for you to hear in today?

What activities or situations were **less** easy for you to hear in today and why?

Overall, how confident did you feel in your communication today? (circle)



Not confident



somewhat confident



confident

Top tip number 3:

Include your partner

Our hearing is important to the people close to us and to our quality of life. When we talk to someone, we share our thoughts, feelings, and ideas. If you tell others what makes it easiest to talk to each other, you can work together to find ways to improve your daily communication.

For example you can:

- Tell your partner when you find it easiest to communicate with them and why
- Ask your partner when they find communication with you easiest
- Talk about how your partner can support you in large groups or background noise
- Ask your partner how your hearing loss affects them

Find more information about including your partner at:

https://idainstitute.com/tools/telecare/everyday_life_with_hearing_loss/plan_your_day/

Day Five

Date: _____

Describe the activities or situations that required you to hear today:

What activities or situations were **easy** for you to hear in today?

What activities or situations were **less** easy for you to hear in today and why?

Overall, how confident did you feel in your communication today? (circle)



Not confident



somewhat confident



confident

Did you know?

Hearing aids are **not** the only option to manage hearing difficulties.

Ask your hearing care professional about:

- Communication training
- Environmental modifications
- Assistive listening devices
- Social groups
- Building confidence to advocate for your hearing needs

For more information visit our
website: www.soundfair.org.au

Day Six

Date: _____

Describe the activities or situations that required you to hear today:

What activities or situations were **easy** for you to hear in today?

What activities or situations were **less** easy for you to hear in today and why?

Overall, how confident did you feel in your communication today? (circle)



Not confident



somewhat confident



confident

The people I talk to

Reflect on who you talked to over the last seven days. You can review your daily entries to remind yourself of the people that you interacted with.

In the rings on the following page mark the names of these people in order of how close they are to you.

Ring No. 1 represents you

Ring No. 2 represents people in your inner circle who you spent a lot of time with and feel particularly close to you

Ring No. 3 represents people who are still very important but not as close to you as the people in your inner circle

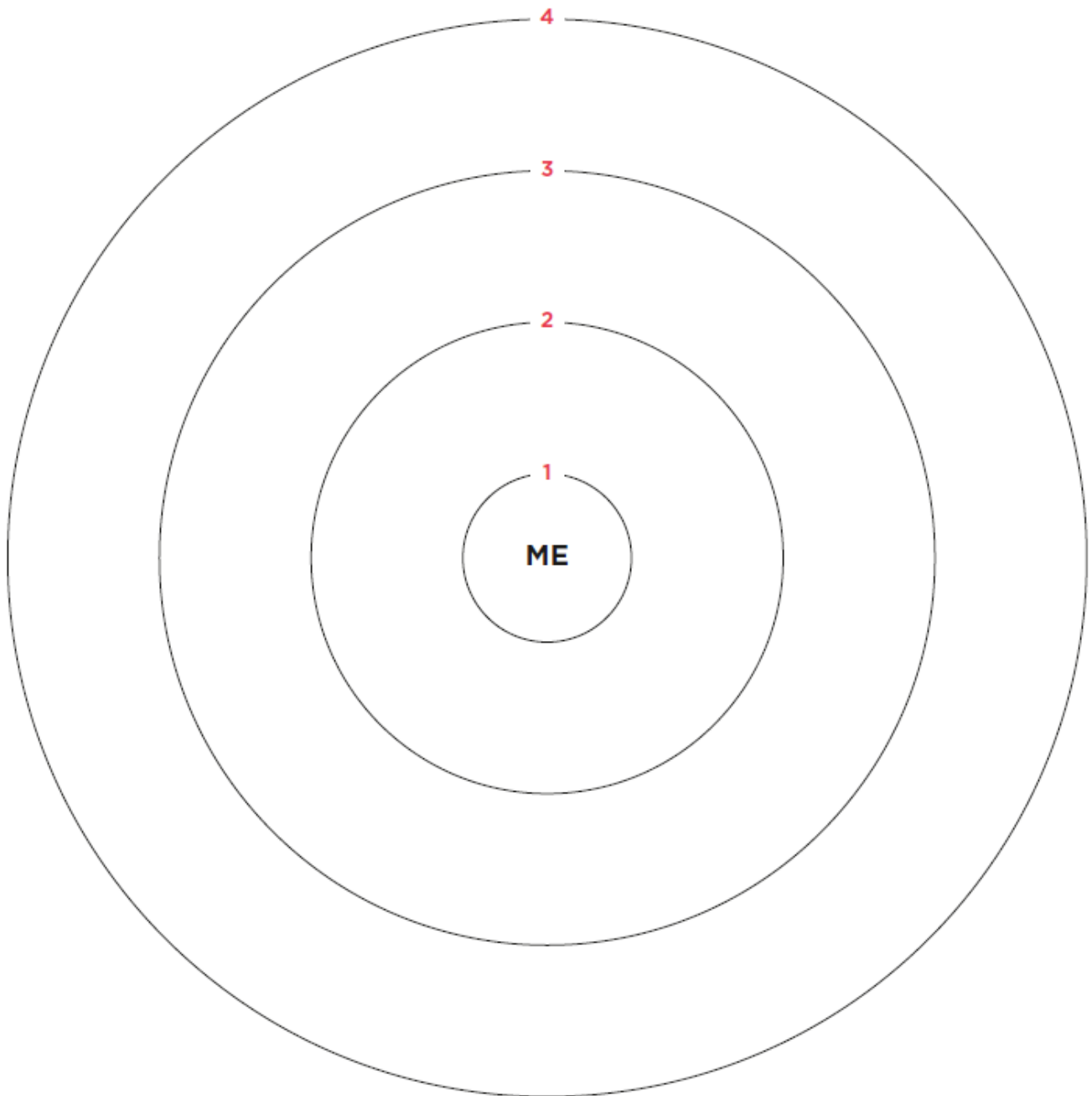
Ring No. 4 represents individuals that you had contact with but are not as important

Is improving your communication with any of these people important to you and why?

Involving your communication partners in your hearing care is important. Talk to a hearing care professional about who you would like to improve your communication with.



Communication rings



*The Ida Institute is an independent, non-profit institute supported by an unrestricted educational grant from the Oticon Foundation.
www.idainstitute.com*

Day Seven

Date: _____

Describe the activities or situations that required you to hear today:

What activities or situations were **easy** for you to hear in today?

What activities or situations were **less** easy for you to hear in today and why?

Overall, how confident did you feel in your communication today? (circle)



Not confident



somewhat confident

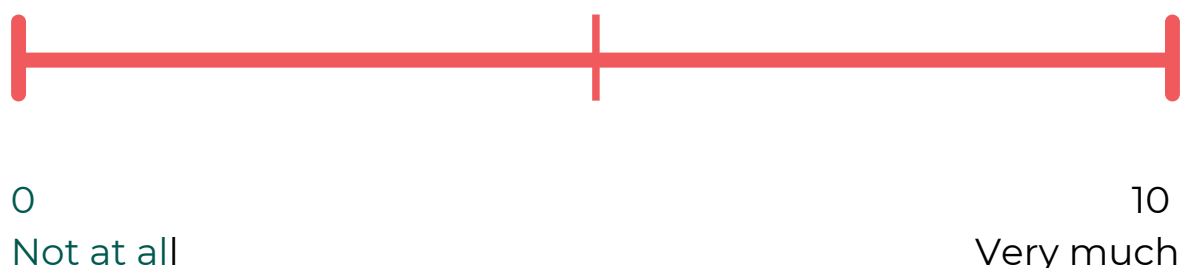


confident

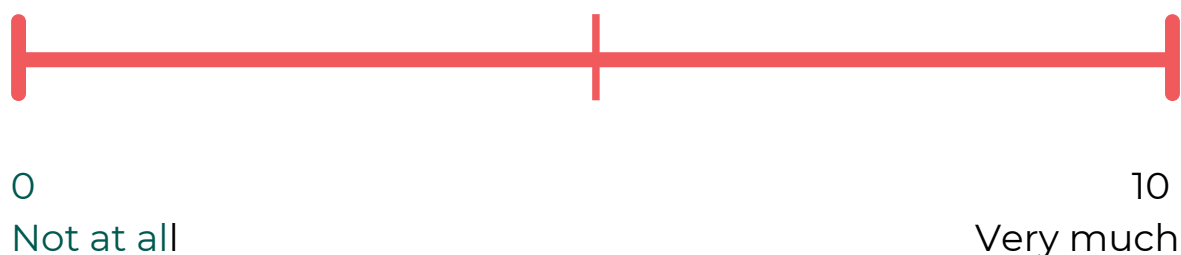
Wait there is more...

Mark a cross on the lines below

How important is it for you to improve your hearing right now?



How motivated are you to improve your hearing right now?



Discuss your responses to these questions with a hearing care professional

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