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Deaf/Hard of Hearing (DHH) Lifestyle Changes Real Life Considerations

Dr. Michelle Hu, AuD

Michelle Hu, AuD

Michelle Hu has been a pediatric audiologist for over 12 years working specifically with diagnosis, hearing amplification, cochlear implant evaluation, programming and aural rehabilitation processes. Something unique about her is that she grew up hard of hearing herself. She was fit with hearing aids at 3 years and now utilizes bilateral cochlear implants.



Disclosures

- **Presenter Disclosure:** Financial: Michelle Hu is the founder and CEU of Mama Hu Hears. She received an honorarium for this presentation. Non-financial: Michelle Hu has no relevant non-financial relationships to disclose.
- **Content Disclosure:** This learning event does not focus exclusively on any specific product or service.
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Learning Outcomes

After this course, participants will be able to:

- Describe the importance of inclusion within the (Deaf/Hard of Hearing) DHH family.
- List choices DHH families can make to empower their village.
- Explain examples on how to adapt family lifestyle to DHH family.

DHH Family

- When a family member is identified with or is experiencing a disability, it can affect more than just the person. The person is part of the whole/family, thus family is affected.
- Therefore, if you have a DHH family member, you become a **DHH family**.



Tips for Parents:

- Open dialogue - discuss feelings, emotions, ideas, impressions
- Family lifestyle, communication style and team work
- Work together with hearing healthcare professionals
 - Medical point person?
 - Scheduling?
- Environment
 - Home
 - School
 - Community
 - Safety
- Discuss financial planning and insurance coverage
- Family planning

They are still the same child they were when they were born and now with a diagnosis



Tips for Siblings:

- Honor and respect
- Team building
- Role play / Practice scenarios
- Assistive devices and inclusive practices
- Learning, teaching and role modeling as a team.
Practice! Allow space for creativity
- Buddy system in case of group activities or emergencies
- Genetic testing and routine follow-up if appropriate



Tips for Extended Family Members:

- Challenges: It may be very difficult to navigate the DHH journey and communicate with them the way you want to. Know that they may not ever understand or agree.
- Provide information from your professionals (audiologist, early interventionist and Deaf mentor)
- Build a strong team
 - Co-parent or guardian
 - We as a family. "We've explored many options & as a family we've chosen to..."
 - Communicate - write emails or letters
- Show and tell - create a book, give them language, visuals, devices, school etc.
- Physical space considerations
 - Circular tables, corner seating at restaurants, private rooms, lower the music, brighten the lights, acoustics, etc.
- Visual cues/aids - EVERYONE benefits!
- Family point person



Michelle Hu, AuD



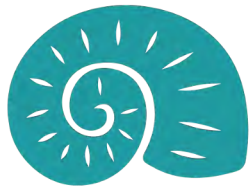
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