

# Transitions for Teens with Hearing Loss

Sound Beginnings - Sound for Life

Getting Started

Consideration for Post High School Options

Getting the Support You Need

Transitioning from a Pediatric Audiologist

## Getting Started

### Find Out What You Know

To make a successful transition from high school to independent living, a job, college, or vocational training, it is important to begin by identifying skills you have mastered and skills you can learn to become an advocate for your health and communication needs. Some knowledge and skills you may need to move toward adult health care may include:

- Explain basic concepts of hearing, your own hearing loss and audiogram, and what caused your hearing loss.
- Describe communication challenges that occur as a result of your hearing loss.
- Explain how your hearing technology works.
- Begin to make your own medical appointments.
- Understand the different programs that may be available on your hearing instrument and how to use them.
- Successfully connect your personal hearing instrument to other audio devices (i.e. cell phone, computer, TV).
- Perform basic troubleshooting of your instrument.
- Describe communication repair strategies to use when you have a communication challenge.
- Describe detailed accommodations that you need to learn effectively at school and in recreational and community settings.
- Spend time alone in discussion with your audiologist
- Learn about your health insurance and health care finances.



**Be Strong! Ask Questions! Be a Part of the Planning!**



## Post High-School Goals

After graduation from school, what do you think your living situation will be?

- Independent Apartment
- On-Campus Housing
- At Home
- Apartment with Support
- Foster Home
- Group Home
- Other

What kind of work or education do you hope to be involved with after graduation from high school?

- University/College
- Community/Technical College
- Adult Vocational Education: advanced job training (e.g. secretarial)
- Competitive Employment: working in a job on your own
- Supported Employment: a job with a job coach helping to train
- Sheltered Employment: low pay work activities and training
- Other



# Getting the Support You Need

## Disability Services on Campus

Students with hearing loss are legally entitled to services that ensure their ability to participate in coursework and extra-curriculars available at school. Universities, however, are not required to proactively search for students with hearing loss. It is your responsibility to schedule meetings with the disability counselor on campus, and request any services you need.

**Meeting with Disability Services:** Make a list of questions to bring to the meeting with the disability services office. Common questions include:

- What services are available?
- What is the process of requesting and obtaining these services?
- Is there a separate cost for any of these accommodations and services?
- Are there any student disability support groups on campus that I can join?

## Department of Vocational Rehabilitation (DVR)

Any student or youth with hearing loss may be eligible for DVR Transition services. These services can help you get ready for life after high school by preparing you for independent living, employment, and/or post-secondary education. DVR services ideally begin before you graduate from high school, and continue until competitive employment is obtained after graduation.

**DVR Counselors:** The primary role of the DVR counselor is to provide vocational rehabilitation counseling and guidance that will help you make informed choices about your job goals and career paths to adulthood. You will work with your DVR counselor to develop an individualized plan for employment after graduation. Referral to DVR may be initiated by anyone at any time.



### When should you transfer care?

*When your medical needs are better served in an adult setting or when you and your doctor decide the time is right.*

### Who can help plan your transition?

*Your audiologist is there to help you with your transfer of care. You can also consult your care coordinator, your social worker or clinical nurse, your parents, or a friend who has been through the process.*

## Transitioning from a Pediatric Audiologist to an Adult Audiologist

Getting older means that your health care needs may change, too. Eventually, you will need adult-centered care that can focus on meeting the variety of needs that adults have. Compared to child and family-centered appointments, adult level audiologic care includes shorter appointments that involve higher levels of language and terminology. Some of the advanced skills expected of adult patients include being able to:

- Provide accurate and complete information for a case history.
- Manage insurance forms and appointments, prescription dosages and refills.
- Communicate effectively with the health-care provider (i.e. explain symptoms clearly, ask relevant questions, understand explanations and instructions).

