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# Do You Really Hear Me Now?

Maine Department of Labor

Maine Bureau of Rehabilitation Services

Maine Division of Deafness

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**HELP!!!!!! I need  
Hearing Aids!!!!**



**"I said, it's the only hearing aid  
covered by your insurance."**

Medicare, MaineCare, and most insurance companies do not cover the cost of hearing aids. A few possible resources are available in the Division of Deafness *Resource Guide for Deaf and Hard of Hearing*.

#### **Helpful Web Sites:**

Alpha One  
[www.alphaonenow.com](http://www.alphaonenow.com)

Area Agencies on Aging (in Maine)  
[www.maine.gov/dhhs/beas/resource/aaa.htm](http://www.maine.gov/dhhs/beas/resource/aaa.htm)

Association of Late Deafened Adults Inc.,  
[www.alda.org/](http://www.alda.org/)

Division of Deafness  
[www.maine.gov/rehab/dod](http://www.maine.gov/rehab/dod)

Guide to Deafness/Hard of Hearing  
[www.deafness.about.com](http://www.deafness.about.com)

Hearing Loss (SHHH)  
[www.hearingloss.org](http://www.hearingloss.org)

Maine Center on Deafness (MCD)  
[www.mainecenterondeafness.org](http://www.mainecenterondeafness.org)

Bureau of Rehab Services Vocational Rehabilitation  
[www.maine.gov/rehab/dvr/dvr\\_vr.htm](http://www.maine.gov/rehab/dvr/dvr_vr.htm)

Maine Department of Labor  
Bureau of Rehabilitation Services  
Division of Deafness  
150 State House Station  
Augusta, Maine 04333-0150

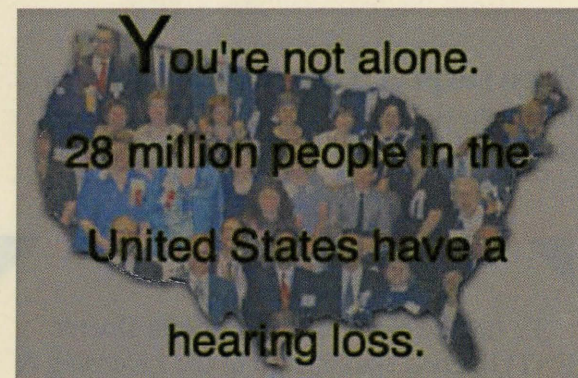
212/9.2: D0631

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## **DO YOU *REALLY* HEAR ME NOW?**

**Do you or someone you know have a  
hearing loss?**

**Do you sometimes feel very alone  
because of your hearing loss?**



**Has your hearing loss affected your  
job and finances?**

**Does misunderstanding conversations  
embarrass you?**

**Do you find listening to be exhausting?**

**Are you overly sad or anxious? This may  
be related to your hearing loss.**

**Is your hearing loss affecting your  
relationships?**

**There is help available!**

APR 27 2006



## Hearing Loss? What to Do:



**If you suspect a hearing loss**, see your family physician. Your physician can refer you to a hearing loss specialist if needed.

### Doctors

To find an Ear, Nose and Throat Doctor (ENT) in good standing go to the Licensing & Registration web site:

[www.docboard.org/me/df/mesearch.htm](http://www.docboard.org/me/df/mesearch.htm)  
or call

Suzanne LeDoux: 287-5501 (V).

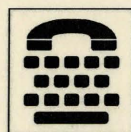
### Audiologists

To find an Audiologist in good standing go to the

Licensing & Registration web site:  
[www.state.me.us/pfr/olr/olr\\_disclaimer.htm](http://www.state.me.us/pfr/olr/olr_disclaimer.htm)  
or call

Angela McAllister: 624-8630 (V).

## Need a phone that works for you?



**Maine Communications Equipment Program** offers specialized telecommunications equipment (phones, pagers) to people with hearing loss in Maine for free or at reduced rates.

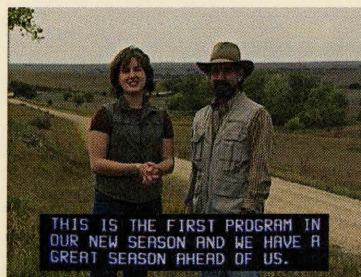
Maine Center on Deafness (MCD)

68 Bishop Street, Suite 3  
Portland, ME 04103

E-mail: [info@mcdmaine.org](mailto:info@mcdmaine.org)

Call 1-800-639-3884 (V/TTY), 797-7656  
(V/TTY), or 797-9791 (FAX)

## Difficulty Hearing the TV?



Most TVs made after 1993 have built in closed captioning ability. Check your TV manual for directions on how to set up closed captioning. Look for this symbol:



## Adjusting to Hearing Loss

There are Counselors who **understand** how hearing loss impacts your life, beyond the physical aspects of having difficulty hearing. They can help you look at hearing loss in a way that is **meaningful** to you.

It's not just about losing the ability to hear, it's about losing **independence**, losing access to conversations around you, losing your **identity**, and sometimes losing **hope**.

It's also about redefining **what you can do**, how you can **cope**, **interact**, **advocate** for yourself, and **gain strengths** you may never have known you were **capable** of.

**You don't have to go it alone,  
you deserve counseling.**

To find counselors familiar with hearing loss go to the clinical section of the *Resource Guide for Deaf and Hard of Hearing*.

The guide is available on the web at:

[www.maine.gov/rehab/dod](http://www.maine.gov/rehab/dod)  
or call

**Division of Deafness 624-5963 (V)**

**Or 1-888-755-0023 (TTY)**

and a guide will be mailed to you.

Or contact:

Community Counseling Center

874-1030 (V)

874-1043 (TTY)

[www.commcc.org](http://www.commcc.org)