

Boosting social-emotional well-being through hearing intervention: clinical recommendations

Well-Hearing is Well-Being

Healthy ageing requires healthy hearing. Several models, including the “Well-Hearing is Well-Being” approach¹ by hearing solutions manufacturer Phonak, focus on the different aspects of daily life that can be affected by hearing loss – and how hearing intervention can boost not only hearing capabilities, but also overall well-being and health.



Social-emotional well-being

Hearing loss and the resulting communication challenges can result in social withdrawal and loneliness.²



Cognitive well-being

Sensory deprivation due to hearing loss can accelerate cognitive decline because of a prolonged period of reduced brain stimulation.³



Physical well-being

The sense of hearing plays a crucial role in environmental awareness, and this ability can be affected by hearing loss, resulting in higher risk of accidents such as falls.⁴

How social emotional well-being could be integrated into clinical practice

The role of hearing loss in increasing the risk of social isolation has been well-documented.⁵ This isolation can negatively impact social-emotional well-being and is even linked to reduced lifespan⁶. A team of researchers led by Dr. Barbra Timmer from the University of Queensland, Australia, has developed a **5-step-plan**³ how well-being could be further integrated into clinical practice in the future.



Step 1 Identifying the client's social-emotional well-being

- Use of approaches such as direct questioning, probing and self-report screening surveys
- Referral for psychological support when necessary and encourage other healthcare professionals to identify
- social-emotional well-being

Step 4 Relating needs and goals to recommendations including hearing devices and communication training

- Recommending hearing solutions and ensure that the plan extends beyond hearing technology, e.g. communication training or counseling approaches

Step 2 Including family in audiological rehabilitation

- Integrating family in all aspects of audiological rehabilitation
- Considering use of tele-practice tools if family members cannot attend in person

Step 3 Incorporating social-emotional needs and goals in individualised management plan

- Documentation of hearing, communication and well-being needs and goals as well as agreed interventions and actions
- Review of goals and actions during follow-up appointments
- Measuring outcomes and agree on how to address unmet goals

Step 5 Using counseling skills and techniques to explore and monitor the client's social-emotional well-being

- Balance between information provision and approaches that address emotional adjustment



Considering the latest scientific insights how hearing intervention can boost social-emotional well-being, we at Triton Hearing thrive to make a substantial contribution to your patients' better hearing and overall well-being.

¹Vercammen, C., Ferguson, M., Kramer, S.E., Meis, M., Singh, G., Timmer, B., Gagné, J.-P., Goy, H., Hickson, L., Holube, I., Launer, S., Lemke, U., Naylor, G., Picou, E., Scherpriet, S., Weinstein, B., & Pelosi, A. (2020). Well-Hearing is Well-Being: A Phonak Position Statement. *Hearing Review*, 27, 18-22. ²Shukla, A., Harper, M., Pedersen, E., Goman, A., Suen, J. J., Price, C., Applebaum, J., Hoyer, M., Lin, F. R., & Reed, N. S. (2020). Hearing Loss, Loneliness, and Social Isolation: A Systematic Review. *Otolaryngology--head and neck surgery: official journal of American Academy of Otolaryngology-Head and Neck Surgery*, 162(5), 622-633. <https://doi.org/10.1177/0194599820910377> ³Timmer, B. H. B., Bennett, R. J., Montano, J., Hickson, L., Weinstein, B., Wild, J., ... Dyre, L. (2023). Social-emotional well-being and adult hearing loss: clinical recommendations. *International Journal of Audiology*, 1-12. <https://doi.org/10.1080/14992027.2023.2190864> ⁴Lin, F. R., Thorpe, R., Gordon-Salant, S., & Ferrucci, L. (2011). Hearing loss prevalence and risk factors among older adults in the United States. *The journals of gerontology. Series A, Biological sciences and medical sciences*, 66(5), 582-590. <https://doi.org/10.1093/gerona/glr002> ⁵Bott, A., & Saunders, G. (2021). A scoping review of studies investigating hearing loss, social isolation and/or loneliness in adults. *International journal of audiology*, 60(sup2), 30-46. <https://doi.org/10.1080/14992027.2021.1915506> ⁶Choi, J. S., Adams, M. E., Crimmins, E. M., Lin, F. R., & Alshire, J. A. (2024). Association between hearing use and mortality in adults with hearing loss in the USA: a mortality follow-up study of a cross-sectional cohort. *The Lancet Healthy Longevity*, 5(1), e66-e75