



Hear for You is a national campaign designed to highlight the expertise and quality patient care provided by you, ADA member audiologists, during National Better (Speech and) Hearing Month (May) and National Audiology Awareness Month/National Protect Your Hearing Month (October). Please use the following ideas (to supplement your own) as well as other Hear for You materials, to assist you in planning and promoting an outreach event, to provide education and information to the general public.

Suggested Hear for You Activities:

- **How Big is that Sound?:** Use your sound level meter or real ear system to measure the levels of personal listening devices—participants will gain an understanding of how sound is measured and why it is important.
- **What is Your SNR Hearing Loss?:** Use a personal listening device such as a CD player with a speech in noise test (SIN). Set it up with speakers or earphones and have participants give each other the SIN (they can grade each other).
- **Take the Hearing Challenge!:** Offer pure-tone hearing screenings and/or standardized hearing loss inventories to attendees in order to determine if a comprehensive diagnostic hearing evaluation is warranted (free *screenings* do not conflict with Medicare directives).
- **How Loud is Too Loud?:** Turn on a portable sound player or other device and ask participants to guess how loud the music is, and whether the noise level could be damaging to hearing (from both a duration and intensity standpoint).
- **View Your Inner Ear!:** Use a video otoscope to allow people to view their own ear canals. Display a model of the ear and provide a description of how the inner ear works and why it is so important to safeguard against preventable hearing loss.
- **Giveaway Protection:** Provide attendees with free earplugs and handouts that offer instructions for preventing hearing loss.