Tools for patients and family to address hearing loss together

Most patients begin to realize their hearing loss through interaction and communication with family and friends. As a result, family members play a key role in the decision making process[^1].

Should I do anything about my hearing? What action will I take to address my hearing difficulties?

**Tools to involve family members in the decision making process:**

**The Decision Aid[^2]**
- **What?** Simple written document that presents brief facts on different options
- **How?** Patient ticks boxes which options he would like to learn more about.
  - HCP educates patient on these options
  - Patient marks options he is still interested in
  - Patient discusses Decision Aid with family

**The Transtheoretical Model of Change[^3]**
- **What?** Shows stages of the patient journey and how HCP can provide support in the different stages
- **How?** HCP assesses in which stage patient and family member are
  - HCP analyses their attitudes and beliefs towards intervention in this stage
  - HCP provides support according to stage: attitudes and beliefs, e.g. education, informal counseling at early stages, encouragement and support for actions at later stage

**The Goal-sharing for Partners Strategy (GPS)[^4]**
- **What?** Guided consideration of potential actions about hearing loss
- **How?** Patient and family member invited to discuss what they hope to achieve by taking action.
  - HCP guides discussion by asking both to consider together:
    1. successful communication situations
    2. situations in which they experience problems
    3. situations in which both experience problems
    4. Goals they would like to achieve
    5. Potential steps to achieve these goals

**What is Family-Centered Care (FCC)?**

FCC is an approach to healthcare that recognizes the vital role that families play. It considers the patient and his/her family members as partners in the planning, execution and monitoring of the treatment. FCC has become a success model in healthcare over the last decade, and it is now finding its way into hearing healthcare.

[^1]: [Hearing loss and communication with family](https://www.hearingloss.org/topics-family/communication-family.html)
[^2]: [Decision Aid](https://www.decisionaidsoftware.org/)
[^3]: [Transtheoretical Model of Change](https://www.trimmhealth.com/transtheoretical-model-change/)

---

**Tools for Patients and Families**

Joint decision becomes **We**

- **96%** higher uptake of hearing instruments in mild hearing losses when a family member is present[^5]

[^5]: [Hearing loss and communication with family](https://www.hearingloss.org/topics-family/communication-family.html)