



## LOVE your EARS



**Tuesday 27 February 2018**

### Hear and Say calls for all Queenslanders to 'Love your Ears'

This week, as a part of Hearing Awareness Week which culminates on Saturday 3 March with World Hearing Day, Queensland wide not-for-profit Hear and Say is calling for all Queenslanders to take steps to protect their hearing and to 'Love your Ears'.

Hear and Say CEO, Chris McCarthy said, that 3.5 million Australians have hearing loss with many exposed to regular and sustained noise that could potentially cause permanent damage.

"This could be noise in the workplace, at concerts, pubs and clubs, or simply at home in the garden which, if left unchecked, could have a permanent impact on hearing and the good news is that noise induced hearing loss is a highly preventable condition," Mr McCarthy said.

It is common practice to think that to enjoy the music it needs to be loud however Hear and Say Clinical Director, Emma Rushbrooke, explains that there needs to be a balance between enjoying the music and having the sound so loud that it could damage your hearing.

"For example, when wearing ear buds or head phones, it is important to monitor the sound levels by ensuring the sound cannot be heard by others, and if you remove your ear buds or head phones and can hear ringing in your ears, make sure to turn the volume down.

This is supported by Hear and Say partners, Australian Music Examinations Board (AMEB) and Rockschool (AMEB's contemporary syllabus), who examine thousands of budding musicians each year.

Ms Kiley Tierney, State Manager for AMEB Queensland, said, a musicians' second instrument is their ears, which is why we are supporting the Hear and Say 'Love your Ears' campaign; providing our candidates – both classical and rock – with information to help them better care for their hearing throughout their life because their hearing is precious.

Hear and Say is encouraging everyone to keep the following ten warning signs of hearing loss in mind, and if there are any concerns about your, or a loved one's hearing, to visit a local GP to obtain a referral for a hearing test.

- Partner, Parental, Friend or Work Colleague concern about a hearing ability
- Speech or language delay or difficulty
- Inappropriate responses to requests or questions e.g. regular asking 'what?' or 'huh?'
- Difficulty hearing in one or both ears when on the phone
- Not startling to very loud sounds or asking for the volume to be turned up on electronic devices, such as the television
- Unable to detect what direction sounds are coming from
- Inattentiveness, daydreaming
- Frequently asking for repetition or difficulty following directions
- Watching others for visual cues
- Academic or work difficulties and/or for children/teens behavioural problems

Hear and Say's 'Love your Ears' campaign is running across the year. For more information on the campaign, or to book a hearing test for you or a member of your family go to [www.hearandsay.com.au](http://www.hearandsay.com.au) or call a member of the team on 3850 2111.



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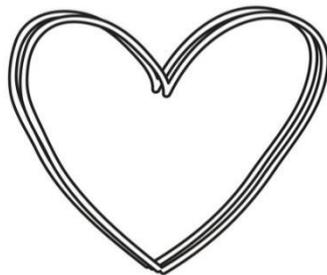
For more details and to arrange interviews contact Lois Shuttleworth, Public Relations Specialist, Hear and Say at [lois.shuttleworth@hearandsay.com.au](mailto:lois.shuttleworth@hearandsay.com.au) or 0481 212 420

### About Hear and Say

Established in 1992 by Dr Dimity Dornan AO, Hear and Say today provides services and programs to children, young adults and families across five centres as well as a Telepractice programs reaching out to rural and remote families. Hear and Say also provides the 'Hear to Learn' School Hearing Screening Program and paediatric hearing services - as a child's hearing can change over time.

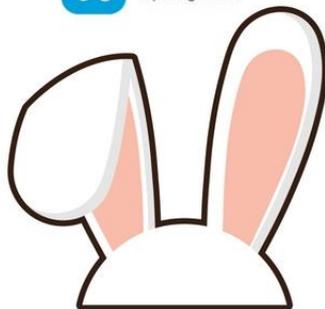
Our aim is to help all children to hear, listen and speak so they can attend a regular school, have wider career choices and can more fully participate in their community. Hear and Say interfaces state-of-the-art hearing technology (digital hearing aids and implantable technology such as cochlear implants) with the Auditory-Verbal Therapy approach.

As a not-for-profit organisation Hear and Say must raise more than \$10,000 each year, for up to five years, to fill the funding gap so that one child with hearing loss can learn to listen and speak. Hear and Say is committed to using clinical research to measure outcomes and its success lies in the vital role that parents/caregivers play in teaching their children to listen and speak.



Hear and Say calls for  
all Queenslanders to

**LOVE your EARS**



How well are you hearing?  
Time for a hearing check?

**LOVE your EARS**



Be the boss of what you hear  
Turn it down or leave

**LOVE your EARS**



## About AMEB and Rockschool

The Australian Music Examinations Board (AMEB) is the most comprehensive, innovative and advanced examinations board across Australia. AMEB Queensland conducts more than 14,000 examinations and performance evaluations throughout the State per annum. AMEB qualifications provide internationally recognized levels of achievement from beginner grades to Diploma level, assisting students to reach their potential as performers and musicians.

The Board of AMEB Ltd is pleased to continue our partnership with Rockschool in 2018 to deliver exams and syllabuses in Australia.

Rockschool is a vibrant, contemporary music program of exams and qualifications for electric guitar, acoustic guitar, bass, drums, vocals, piano, ukulele, bands, popular music theory and music production. Based in the UK, Rockschool specializes in music of the most popular genres in a range of rock, pop, metal, jazz and funk styles. Its qualifications are recognised globally with tens of thousands of exams conducted in the UK and 38 countries around the world.

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