

May 13, 2009

Sleep easy this winter

Sleeping through a smoke alarm is a big concern for people with major hearing loss.

Many people are simply not aware that specialised smoke alarms are available that will awaken someone who cannot hear a standard smoke alarm, says Maureen McGrotty, of Hearing Solutions at Guide Dogs SA.NT.

“Our clients are often so relieved to have an alarm installed. We’ve had reports of clients waking up hourly throughout the night because they were frightened they would not hear a standard smoke alarm.

“Once they have the alarm installed, they are able to sleep confidently throughout the night.”

The specialised alarms consists of three main components:

- Audible warning from an alarm located outside the bedroom door;
- A visual alerter near the bed head that flashes continuously when triggered
- A vibrapad, a small disc-shaped unit that fits under the pillow and vibrates for the duration of the alarm.

The alarms are provided and installed free to those who meet eligibility criteria through funding provided by the Department for Families and Communities.

Anyone wanting further information regarding the smoke alarms should contact Hearing Solutions on **8203 8390**.

Mrs McGrotty encourages those not meeting eligibility criteria to still contact Hearing Solutions for advice on the various brands and types of specialised smoke alarms available.

Hearing Solutions can also assist people with hearing loss with free impartial information, training and support, including free Effective Management of Hearing Loss courses.

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