

GROUP AURAL REHABILITATION
INSTRUCTOR'S GUIDE



1. Goals

- Goal 1: To define what Group Aural Rehabilitation (GAR) is
- Goal 2: To reflect on the benefits Group AR has on patients and clinicians
- Goal 3: To introduce the GROUP Tool
- Goal 4: To highlight the resources provided by the GROUP tool that can support creating a Group AR program
- Goal 5: To practice using the GROUP Tool to set up a 4 session Group AR

2. Concepts to Master

- a. Group Aural Rehabilitation sessions allow participants with hearing loss and the communication partners to share solutions to the challenges caused by hearing loss in an informal, open and supportive environment. The Group Tool is a Tool that provides background, information, and resources to help clinicians create successful Group AR.

3. Reading

- a. Preminger, J. & Yoo, J.K.. (2010). Do group audiological rehabilitation activities influence psychosocial outcomes?. *American Journal of Audiology*, 19, 109 - 125.

4. Lecture

- PowerPoint: "GROUP Tool"

5. Reflection

- a. What extrinsic and intrinsic value do you see experiencing for you and your patients, respectively, if you could engage in Group Aural Rehabilitation successfully?

6. Assignment

- a. Create a 4 session GAR using the GROUP Tool

CLASS OUTLINE**LESSON OVERVIEW: WHAT ARE WE DOING TODAY?**

1. Establish learning mind-set.
2. Today we are introducing GROUP tool created by the collaborators of the Ida Institute.
3. **PowerPoint**
“Group Tool”: Begin by going over the goals of the class and by giving a brief overview of what Group Aural Rehabilitation is.
4. **Class Activity 1**
Watch a sample Group AR session and reflect on it during class.
5. **PowerPoint**
 - a. Introduce the GROUP Tool, and discuss the resources, methods and facilitation techniques for planning a Group AR.
6. Embedded within several of the slide notes are links to small video segments displaying methods of Group AR. Watch these as time allows within your class context.
7. **Reflection Moment**
 - a. What extrinsic and intrinsic value do you for see experiencing for you and your patients, respectively if you could engage in Group Aural Rehabilitation successfully?
8. **Closing**
 - a. Announcements

**HOMEWORK
ASSIGNMENT 1**
(INSTRUCTOR COPY - 1/2)

This activity allows the students to practice creating a 4-week Group AR program using the resources provided by the GROUP Tool. This assignment will take some time for students to create. Therefore, instructors may assign an entire class period or may make this assignment for homework, providing ample time for students to meet and plan their program. It is suggested that students work in small groups, assigning 1 student per session or two per session, as best fits the class make-up.

1. Go to the Ida Institute website to the following link to get started: http://idainstitute.com/toolbox/group/get_started/ and download the Quick start guide for preparation and planning.
2. As a group, answer the following questions about your program.
 - a. Where should you hold your program?
 - b. How will you let people know about your program?
 - c. How many participants would you like to attend?
 - d. How much, if anything, will you charge for people to attend?
 - e. What topics will you present at the sessions?
3. For each topic/session, create an outline of what you will cover.
4. For each session create the handouts you will need to have for your clients.
5. As an Example: For the first session you will need:
 - a. Handout to determine challenges participants experience (for ideas see the following link: http://idainstitute.com/toolbox/group/resources/topics_and_activities/problem_identification/).
 - b. Ice breaker handout (See ideas on Quick Start Guide)
 - c. Ground Rules Handout (use ideas from Quick Start Guide)
 - d. Session Evaluation: http://idainstitute.com/toolbox/group/resources/preparation_and_planning/program_evaluation/
 - e. Other Activity Handouts – see examples below and resources for additional materials at the following links:
 - Communication strategy handout: http://idainstitute.com/toolbox/group/resources/topics_and_activities/problem_identification/
 - Concentration Handout: http://idainstitute.com/toolbox/group/resources/topics_and_activities/speech_perception/
6. Explore the 8 Quick Start Guides for each of the session examples provided in the Get Started Page and use them to create your four session program: http://idainstitute.com/toolbox/group/get_started/#page1

**HOMEWORK
ASSIGNMENT 1**
(INSTRUCTOR COPY - 2/2)

7. Practice running your group with simulated clients if time allows.

Hand-outs can also be found in the section of the course website called “videos and handouts”. For this lecture use the following link and go to the section called “Group Aural Rehabilitation”:
http://idainstitute.com/toolbox/university_course/videos_and_handouts/unit_iii/

**HOMEWORK
ASSIGNMENT 1**
(STUDENT COPY - 1/2)

ACTIVITY OVERVIEW

This activity allows you to practice creating a 4-week Group AR program using the resources provided by the GROUP Tool. You will need to break up into a group of 4 or 8, depending on the size of the class. It is suggested that 1 student per session or two per session, as best fits the class make-up.

1. Go to the Ida Institute website to the following link to get started: http://idainstitute.com/toolbox/group/get_started/ and download the Quick start guide for preparation and planning.
2. As a group, answer the following questions about your program.
 - a. Where should you hold your program?
 - b. How will you let people know about your program?
 - c. How many participants would you like to attend?
 - d. How much, if anything, will you charge for people to attend?
 - e. What topics will you present at the sessions?
3. For each topic/session, create an outline of what you will cover.
4. For each session create the handouts you will need to have for your clients.
5. As an Example: For the first session you will need:
 - a. Handout to determine challenges participants experience (for ideas see the following link: http://idainstitute.com/toolbox/group/resources/topics_and_activities/problem_identification/).
 - b. Ice breaker handout (See ideas on Quick Start Guide)
 - c. Ground Rules Handout (use ideas from Quick Start Guide)
 - d. Session Evaluation: http://idainstitute.com/toolbox/group/resources/preparation_and_planning/program_evaluation/
 - e. Other Activity Handouts – see examples below and resources for additional materials at the following links:
 - Communication strategy handout: http://idainstitute.com/toolbox/group/resources/topics_and_activities/problem_identification/
 - Concentration Handout: http://idainstitute.com/toolbox/group/resources/topics_and_activities/speech_perception/
6. Explore the 8 Quick Start Guides for each of the session examples provided in the Get Started Page and use them to create your four session program: http://idainstitute.com/toolbox/group/get_started/#page1
7. Practice running your group with simulated clients if time allows.

**HOMEWORK
ASSIGNMENT 1**
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