

Physical environment strengths and weaknesses assessment

Use this handout to discover your physical environment strengths and weaknesses. Use the worksheet below to calculate and analyze your results from the physical environment strengths and weaknesses assessment on page two.

WORKSHEET

Number of "Unsure"	_____	x 0 =	<input type="text"/>
Number of "Never"	_____	x 1 =	<input type="text"/>
Number of "Sometimes"	_____	x 2 =	<input type="text"/>
Number of "Always"	_____	x 3 =	<input type="text"/>
Add up the amounts from every line:			<input type="text"/>

If your score is between 0 and 26,

your physical environment strategies could improve. We recommend you talk to your audiologist about the areas that are troublesome for you – especially the areas you selected as "never" or "sometimes." Also, visit the **Physical environment** section of the website to learn more.

If your score is between 27 and 36,

you have a strong grasp of physical environment strategies! You "always" or "sometimes" use most of the optimal physical environment strategies. Remember to frequently reassess your skills, as your needs may change. Continue to learn more at the **Physical environment** section of the website.

To what extent...	Always	Sometimes	Never	Unsure	Notes
Are you able to understand most speakers when there is background noise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you able to understand most speakers when there are poor acoustics (e.g. sound is echoing)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you able to understand most speakers when they are speaking at a distance?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you able to understand most speakers when there is poor lighting (e.g. the room has dimmed lights)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you able to understand most speakers when the positioning is poor (e.g. in a car)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you comfortable planning ahead before going to a new physical environment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you comfortable asking for a new seat or rearranging to position more optimally?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you comfortable changing your processor settings (e.g. changing the volume or sensitivity levels)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you comfortable using the optimal communication strategies (see communication strategies section)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you comfortable using a wide variety of assistive technologies (e.g. Roger pen or mini mic)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you comfortable asking for written or nonverbal communication?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are you comfortable asking friends or family to change or leave a difficult physical environment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

For this chart, make a list of the top 10 physical environments that are difficult for you and why.

Number	Name	Frequent communication breakdowns
Example	Restaurant off Main Street	Usually very crowded with lots of background noise, and the seats are very far apart, so I have trouble seeing my wife's face when talking.
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		