

## **Tinnitus Assessment Package (TAP)**

Thank you for contacting me regarding an assessment for how tinnitus is impacting various aspects of your life. Enclosed you will find questionnaires that will assist me in establishing an individualized tinnitus management plan designed for your particular needs.

It is my belief that tinnitus patients are best served by a comprehensive, multidisciplinary approach that acknowledges the neurological, audiological and psychological aspects of tinnitus. It is important to recognize that the management program I offer is designed to assist you in developing strategies to best manage the way that tinnitus and associated symptoms are impacting your life; emotionally, cognitively, occupationally, socially, physically and spiritually.

Research has demonstrated that certain approaches I use can indeed assist you in reclaiming quality of life<sup>i</sup> even if the sound of tinnitus may not change. In order to create a personalized tinnitus management program, I ask that you print and complete all forms within the **Tinnitus Assessment Package and bring them with you to your appointment.**

Please arrive 10 minutes prior to your scheduled appointment time so that I can review your questionnaires prior to meeting with you.

*Alberta Health & Wellness does NOT cover the cost of programs that fall outside of medical/surgical intervention. You MAY have extended medical coverage through your employer that covers a portion of the cost of prescription medication and audiological devices. You must consult with your insurance carrier to ensure you know what is covered versus what will be a private fee for services. Insurance typically does NOT cover the specialty programs that have been created for tinnitus management. My services are payable following your appointment after which you can submit the receipt to your insurance to see if there is any portion that will be reimbursed. Further information regarding fees and services are located on my website: [www.hopefortinnitus.com](http://www.hopefortinnitus.com)*

Thank you for completing the forms included in this package. You have taken an important step toward successfully managing the tinnitus, and improving your quality of life. I look forward to meeting with you and sharing the ways that you can experience hope while having tinnitus.

*Deborah R. Lain, MSc  
Registered Psychologist  
Tinnitus Health Specialist*

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<sup>i</sup> Cochrane Database Review 2010