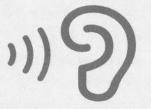
# COPING WITH SOMEONE ELSE'S HEARING LOSS

- Be sure you have the person's attention before you begin to speak.
- Look directly at the person while you are speaking and maintain eye contact.
- Let the light shine on your face so that the person can speech read more easily.
- Speak clearly in a normal tone of voice and at a normal pace.
- Reword your sentence if the person does not understand what you have said.
- · Move away from background noise.
- Ask what you can do to make listening easier.
- Keep your hands away from your face while speaking.



# CHHA - Yellowknife Branch MEMBERSHIP APPLICATION

#### Regular Membership:

Please Print

Anyone who is hard of hearing, their family members, or people sympathetic to the objectives of CHHA.

- 1 year \$ 25.00 membership to both National and Yellowknife Branch
- Receive LISTEN/ECOUTE, official magazine of CHHA National
- Receive NORTH STAR SOUND, Yellowknife branch's newsletter
- Our office at the Baker Community Centre provides information, demonstrations, and loan of Assistive Listening Devices (ALDS).

ricuse riiii.		
Name:		
Address:		
Telephone:		
Email:		
Signature:		
Date:		

#### CANADIAN

# HARD OF HEARING ASSOCIATION

YELLOWKNIFE BRANCH



#2, 5710-50th Avenue, Yellowknife, NT X1A 1G1 Tel: (867) 873-4735 or (867) 765-0418

Fax: (867) 873-4318

E-mail:

ykseniorsociety@theedge.ca

#### WHO ARE WE? \_\_\_\_

We are the voice of Yellowknife's Hard of Hearing Community.

The Canadian Hard of Hearing Association (CHHA):

- Is consumer-controlled run by and for the hard of hearing.
- Is a self-help organization, formed in October 1982.
- Works cooperatively with professionals, service providers and governments, giving its members information about hard of hearing issues and solutions.

#### Our Philosophy

 To produce knowledgeable hard of hearing consumers who know how to have their needs met.

### **OBJECTIVES**

- To improve the quality of life of hard of hearing persons of all ages through programs and services.
- To increase public awareness of the extent, causes and prevention of hearing loss.
- To advocate accessibility in all social, education and employment settings and in public places.

## DEFINITION OF HARD OF HEARING

A person is defined as being hard of hearing when his/her hearing loss ranges from mild to profound and when his/her usual means of communication is speech.



- 1 in 10 Canadians has a hearing problem.
- Hearing loss can be caused by infections, heredity, noise, high fever or normal aging.
- Hearing loss is an "invisible" disability.
   It cannot be seen by other people.
- People with hearing loss have trouble understanding what people are saying to them. They have a hard time hearing in noisy places and they need sounds to be louder for them to hear.
- Some people with hearing loss hear only
   5 out of every 10 words in a sentence.



### 10 WARNING SIGNS OF HEARING LOSS

- 1. People seem to mumble more frequently.
- 2. You hear but have trouble understanding.
- 3. You often ask people to repeat themselves.
- 4. Telephone conversation is more difficult.
- People say that you play the TV or radio too loud.
- You can't hear some household sounds: a faucet dripping, a clock ticking, a doorbell ringing or a smoke alarm.
- 7. It's hard to hear when you can't see the speaker's face.
- 8. Some say that you speak too loudly.
- 9. There is ringing in your ears.
- You avoid social situations because conversations are difficult in large groups.

# SOME HELPFUL STRATEGIES

- Attend CHHA meetings where you can share your story with other hard of hearing people, learn from the experience of others, and borrow videos and books.
- Ask people to face you when they talk.
- Use hearing aids and use ones that are compatible with telephone receivers.
- Learn about and use aids and equipment that help improve your quality of life.