

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:

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).

Please Print:

Name: _____

Address: _____

Telephone: _____

Email: _____

Signature: _____

Date: _____

CANADIAN HARD OF HEARING ASSOCIATION

YELLOWKNIFE BRANCH



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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.

DID YOU KNOW?

- 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.
5. People say that you play the TV or radio too loud.
6. 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.
10. 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.