



# to **Hearing Help Classes**

## Does this sound familiar?

*"My family gets impatient and tells me, 'You only hear what you want to hear'."*

*"I tried my hearing aid for a month but couldn't get used to it. So now it's sitting in a drawer."*

*"My grandson doesn't talk to me because I can't hear his quiet, soft voice."*

*"The stress of trying to hear was too much and I quit the volunteer job I loved."*

Complaints like these are often made by individuals with hearing loss. We understand that hearing loss can contribute to feelings of isolation and frustration. However, it does not have to be this way.

## What can you do about it?

Hearing Help Classes provide the opportunity to learn valuable skills. You will broaden your knowledge of communication and develop new coping skills that will enable you to deal successfully with the challenges of living with a hearing loss.

## Hearing Help Classes provide much more than you think!

- Classes are for adults 55 years of age and over, with acquired hearing loss. Participants are encouraged to bring along their spouse or friend (at no extra cost), so both can benefit from the classes.
- Important benefits include sharing information and experiences with people who have similar challenges. Skills are taught in a relaxed and friendly atmosphere.
- The goal is to improve communication within families and between friends, and to decrease the frustrations associated with hearing loss.

## The Program

- The Canadian Hearing Society offers courses several times a year. Classes are usually two hours long and held once a week for a series of weeks.
- The number of individuals per class is small to facilitate informal discussions. Intensive courses are also available in some communities.

## What will the classes cover?

### Level 1: Help for Hearing Aid Users

- Information on Hearing Loss
- Hearing Aid Use
- Communication Strategies
- Technical Information on Devices
- Introduction to Speechreading

### Level 2: Coping with Hearing Loss

- Coping in Difficult Listening Situations
- Problem Solving
- Assertiveness
- Stress Management
- Speechreading Practice

## Sign up and you'll be glad you did . . .

*"I wish I attended this class years ago."*

*"I feel good about myself and feel more confident in facing the future."*

*"Now my hearing aids are a boon, not a problem."*

We have heard comments like these many times. Participants in the Hearing Help Classes bond as a group, and provide support and encouragement to each other. This social interaction enhances the technical instruction.

## *Did you know?*

- A hearing aid helps by making sounds louder, but it does not restore normal hearing.
- The combination of wearing hearing aids and speech-reading skills can improve a hard of hearing person's comprehension by up to 90%!
- 10% of Canadians have some degree of hearing loss.
- More than 50% of adults over the age of 65 have a hearing loss.

**For more information on Hearing Help Classes, please complete and return the attached form (see reverse side) to your nearest CHS office.**

## Please send me registration information on Hearing Help Classes!

Cost of classes varies from region to region due to availability of subsidies.

**Information on:**  
please check (✓)

- Level 1  
 Level 2 (*Level 1 must be completed before proceeding to level 2*)

Name: \_\_\_\_\_  
*First*

\_\_\_\_\_ *Last*

Address: \_\_\_\_\_  
*Street*

City: \_\_\_\_\_

Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

*Please mail this to your nearest CHS office.*

## What other services are provided by The Canadian Hearing Society?

### Core Programs

CHS is committed to developing and providing the following five Core Programs in each of the 12 Regional Offices. (See back panel for the office nearest you.)

- Employment Services
- General Social Services Counselling
- Hearing Care Counselling
- Marketing Communications
- Ontario Interpreter Services

### Optional Programs

CHS's Optional Programs vary from region to region and are tailored to meet local needs. Be sure to contact your local CHS office for specific details. Optional Programs include:

- Hearing Aid Program
- Technical Devices
- Audiology
- Speech Language Pathology
- Hearing Help Classes
- CONNECT Mental Health Services
- Educational Support Services
- Literacy and Basic Skills
- Sign Language Services

THE CANADIAN HEARING SOCIETY  
LA SOCIÉTÉ CANADIENNE DE L'OUÏE



#### Head Office

271 Spadina Road,  
Toronto, Ontario M5R 2V3  
Voice: (416) 964-9595  
TTY: (416) 964-0023  
Fax: (416) 928-2506  
Website: [www.chs.ca](http://www.chs.ca)  
E-mail: [info@chs.ca](mailto:info@chs.ca)

#### Regional Offices

- ◆ Hamilton ◆ Kingston
- ◆ London ◆ Ottawa
- ◆ Peel ◆ Peterborough
- ◆ Sault Ste. Marie
- ◆ Sudbury ◆ Thunder Bay
- ◆ Toronto ◆ Waterloo
- ◆ Windsor

#### Area Offices

- ◆ Barrie ◆ Belleville
- ◆ Brantford ◆ Brockville
- ◆ Chatham ◆ Durham Region (Oshawa)
- ◆ Elliot Lake
- ◆ Fort Frances ◆ Guelph
- ◆ Kenora ◆ Niagara
- ◆ North Bay ◆ Sarnia
- ◆ Timmins ◆ York Region (Newmarket)



# Hearing Help Classes

Speechreading and improved communication for adults aged 55 and over with acquired hearing loss

THE CANADIAN HEARING SOCIETY  
LA SOCIÉTÉ CANADIENNE DE L'OUÏE



#### MISSION STATEMENT

The Canadian Hearing Society provides services that enhance the independence of deaf, deafened and hard of hearing people, and that encourage prevention of hearing loss.