

What people have said about the Hearing Support sessions:

'It's so relaxing to be with a group of people who experience the same hearing problems as myself.'

'Aged 69, I thought an old dog like me couldn't be taught new tricks! People from 19 to 90 attend these sessions and learn something new each week.'

'I thought I wasn't 'deaf' enough to need lipreading; how wrong I was : I've now learned to use my eyes more when listening and sometimes think that my hearing has improved which of course isn't true; I'm just more alert.'

'My family is much more understanding and cooperative since attending the 'Family Night' arranged especially for them.'

'After a few weeks in the group I joined the Irish Hard of Hearing Association (IHHA) and now my social life has really taken off.'

'I never realised how much I could restore my self-confidence.'

'Everyone in the group is so friendly and understanding.'

'This is the first time anyone has done anything for us.'

For information about Hearing Support and Lipreading sessions, contact:

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Organised by:



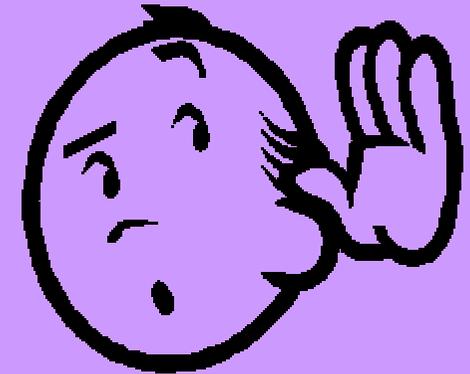
Irish
Hard of
Hearing
Association



National
Association
for Deaf People

Leaflet ref 07SG1004

Is your hearing not
as good as it used
to be?



You may need

*Hearing Support...
(Aural Rehabilitation)*

Loss of Hearing - and much more

If you have a hearing loss you know that the effects go deeper than communication breakdown.

You know that relationships at home, at work and in your social life have suffered. You also know that your self-confidence has taken a heavy blow.

What action have you taken to cope with these difficulties?

You may have hearing aids but realise that:

-  Background noise can be unbearable at times, especially in pubs, canteens, railway stations and on busy streets
-  group conversations are very trying
-  you don't want to take part in meetings, especially when a group of people all speak at once
-  family members get irritable with you
-  your social life has suffered
-  your hearing aids aren't solving all of your problems.

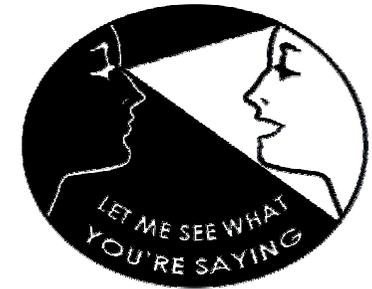
Join a Hearing Support Group (Aural Rehabilitation)



Qualified hearing and communication therapists facilitate weekly sessions in many parts of the country. In a friendly group you will be encouraged to:

-  learn more about hearing loss
-  try out some of the up-to-date equipment (available at NAD) to help with the doorbell, telephone, television, smoke, burglar and baby alarms, and group conversations
-  learn how to cope better with difficult listening situations in noisy restaurants, hospital waiting rooms, shops, banks and hairdressers etc.
-  take control and be more assertive
-  share your problems with the other group members who are in the same boat as yourself.

Enhance communication



At the lip-reading and communication sessions you will:

-  enjoy the stimulation of professionally prepared material, every week
-  learn lipreading skills which train the eye and the mind to make sense of the spoken message
-  practise good listening habits to make lipreading easier
-  train your memory and concentration
-  practise conversations in background noise
-  learn to laugh again, especially when you get the message wrong
-  stop apologising for having a hearing loss.