

**Saturday, November 14, 2020**



**HLAA VIRTUAL MEETING**

**Surviving the Holidays with Hearing Loss**

*presented by*



**Alison Freeman, Ph.D.,**  
**California State University at Northridge**



# Directions for Viewing on Desktop

Meetings will be recorded and posted on the HLAA website.

# **Zoom Preferences**

**Captions**

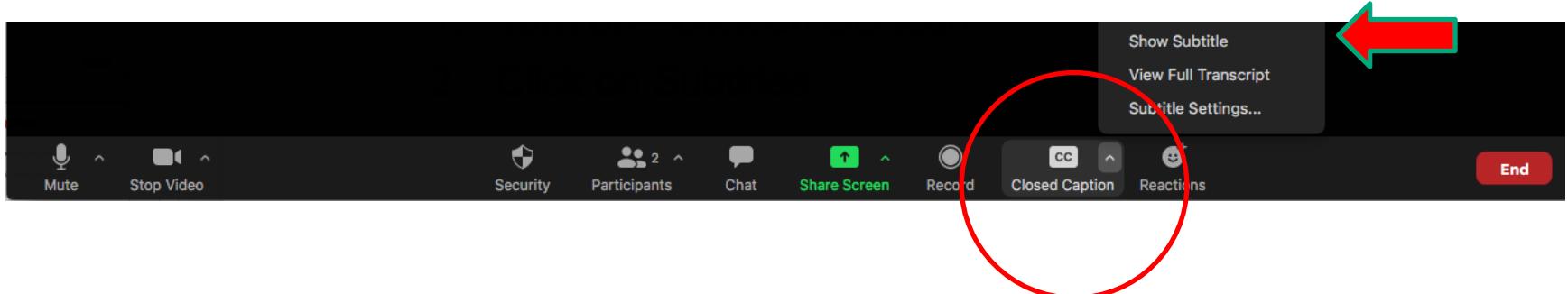
**Full Transcript**

**Chat Window**

**Raise Hand**

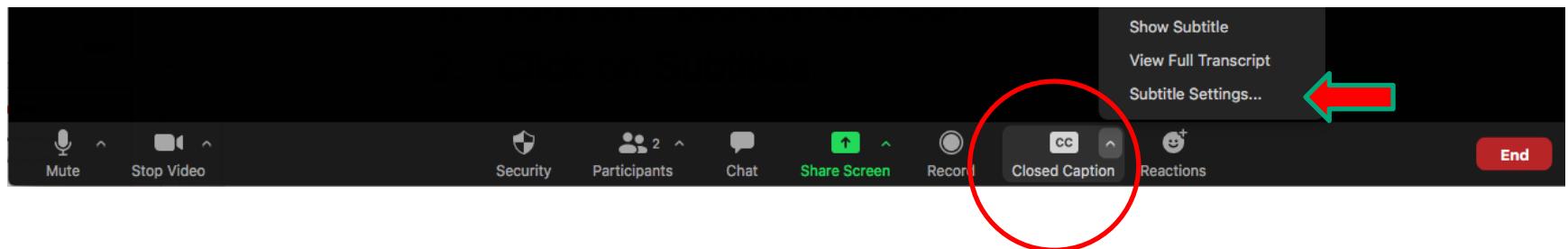


# Captions



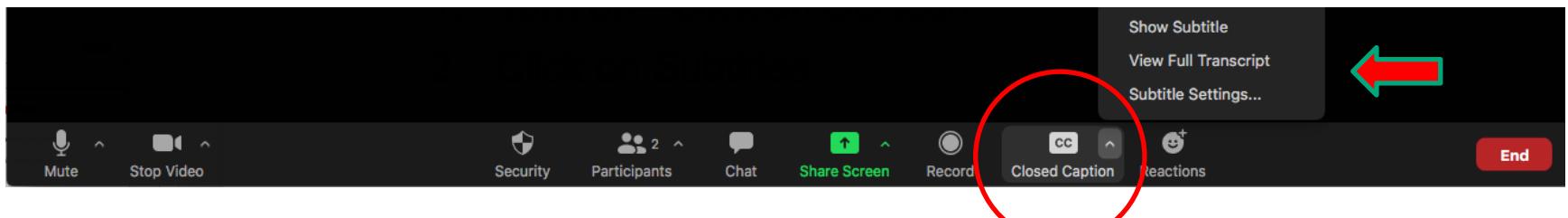
1. Turn on—click on CC icon
2. Click on Subtitles.

# Increase Caption Font Size



1. Click on CC icon
2. Click on Subtitle settings

# Full Transcript Captions



1. Click on the CC icon and select view full transcript

**NOTE:** Full transcript is not available in full screen mode

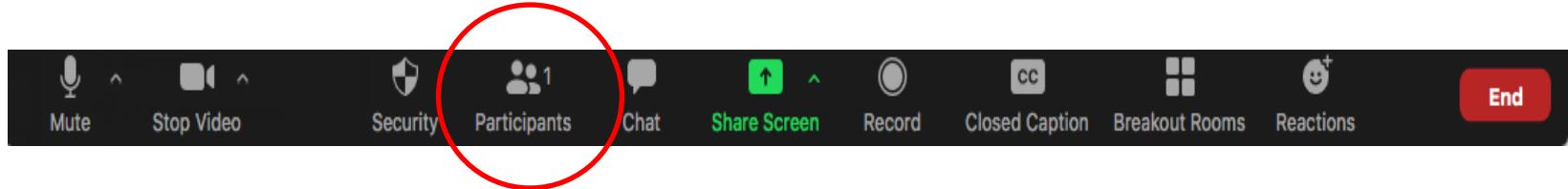
# Viewing the Full Transcript, in a Separate Window

1. Open a new window in your browser
2. Paste the StreamText URL into the browser
3. Resize windows so you see both the StreamText window and also the Zoom window

# Chat Window

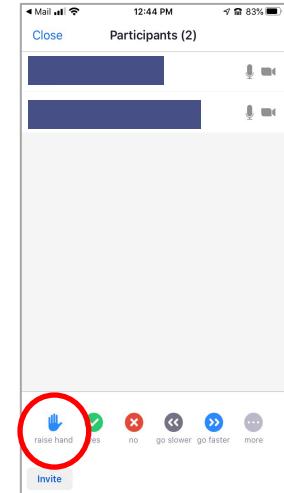
1. Open Chat window
2. Pop Out the Chat box to move. Click the downward facing arrow, **Pop Out**. 
3. Move Chat box on your screen away from captions to avoid overlap of captions and chat messages.

# Raise Hand to Ask Question

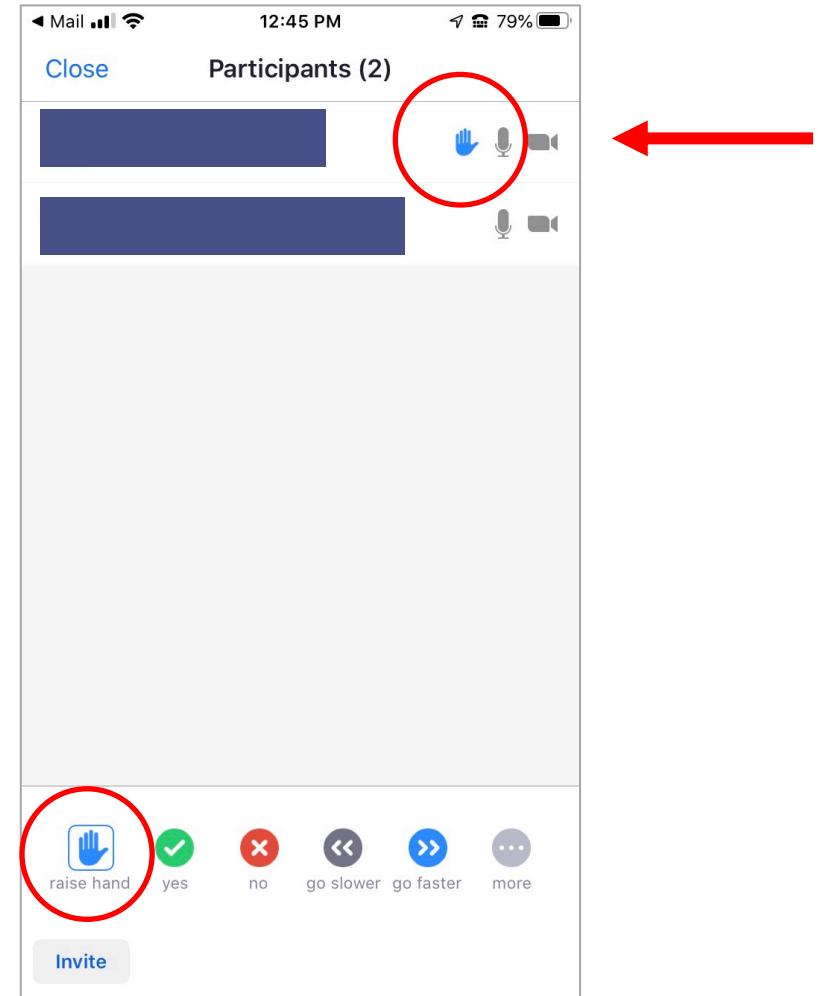
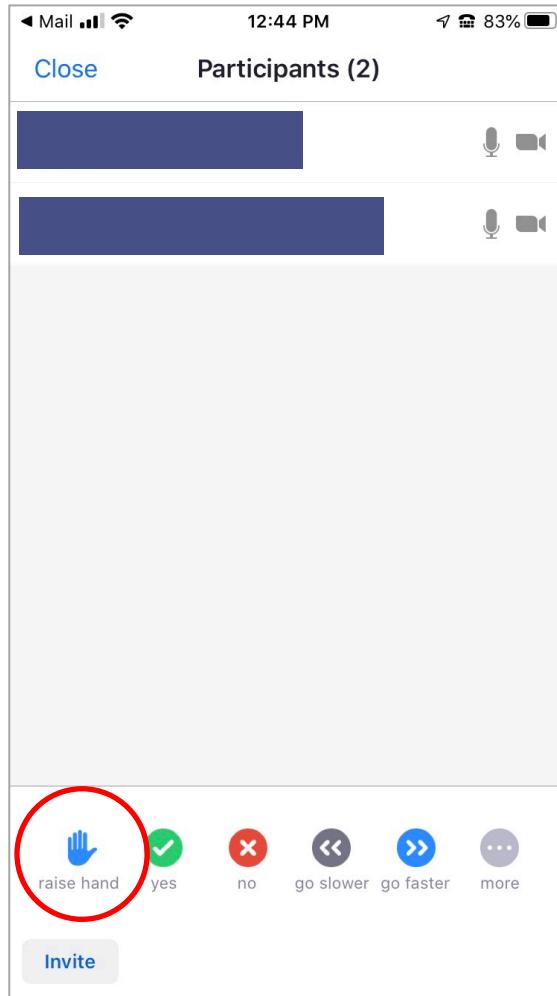


To ask a question or make a comment

1. Click on the Participants icon
2. Click on Raise Hand



# Participants—Raise Hand

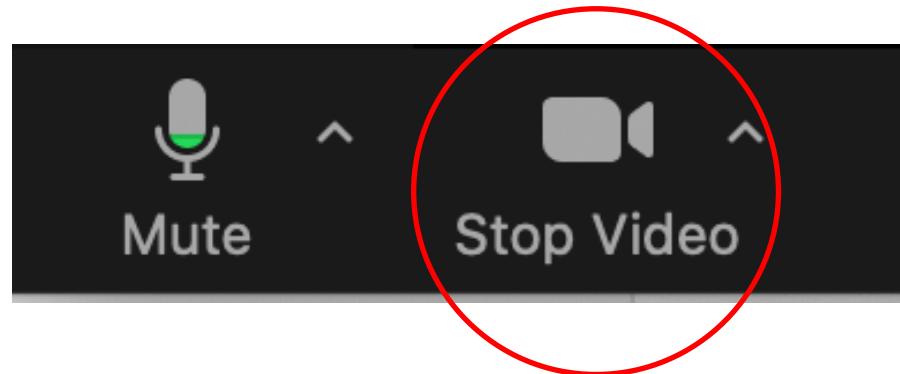


# Speaking

Speak a little slower than normal,  
to aid understanding.



# Turn off Video



# External Microphones

Increase audio clarity—  
use an external microphone if available.



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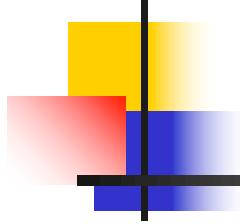


“Blindness cuts us off from things, but deafness cuts us off from people.”

Helen Keller

“Hearing loss does not just affect an individual, but also one’s family and friends.”

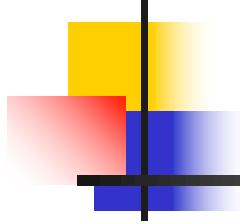
Michael A. Harvey, Ph.D.,  
psychologist, author of  
Listen with the Heart: Relationships and Hearing Loss



# Another holiday season...sigh?

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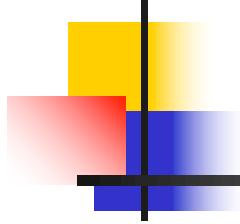
- Are you dreading the holidays?
- Do you feel that you fake your smiling and joy more than you should ?
- Do you struggle between being loyal to your family and taking care of yourself?



# Holiday Stress- Aacckk!

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- More people, less control
- More people = More exhaustion in concentration and communication
- More people = “I don’t want to be a bother”
- More people = More anxiety and depression

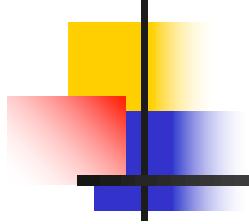


# End of the Year Stress

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This has already been a very stress-filled year with:

- Overwhelming daily news
- Coronavirus
- Political and election anxiety
- Isolation and freedom restrictions



# And then add hearing loss?

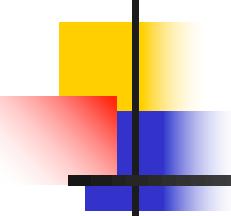
Hearing Loss adds to holiday stress

- The best coping skill in dealing with stress is:

Education AND

Self Advocacy

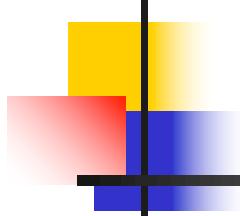
AND Humor!!



# What Can I Do..?

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- Educate yourself and then educate others
- Be **aware** of what you can and cannot control
- What I can control is how to communicate
- Get past **Denial** and **Bluffing**
- Assert what you need - others will appreciate this (they will!)
- Take responsibility for telling others what you can and cannot hear/understand

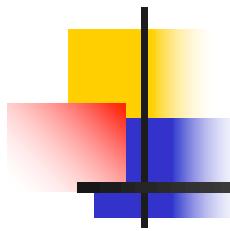


# It is my responsibility...

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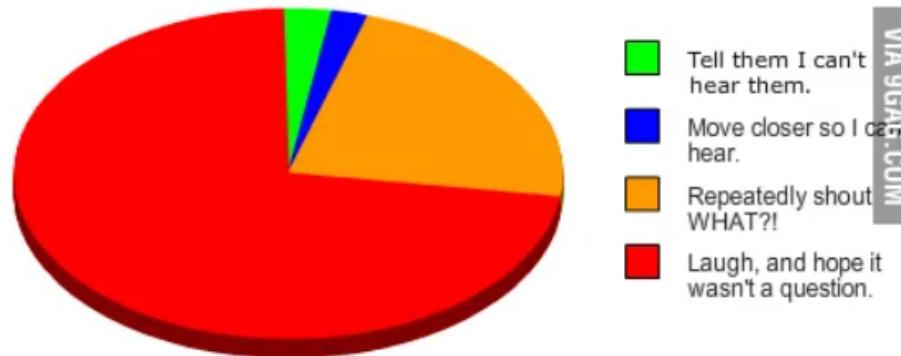
I see myself as an “educator” and assume the following:

- Others are embarrassed and don’t know what questions to ask
- People know little, if anything about hearing loss
- Therefore, the responsibility for good communication is up to me, not the other person

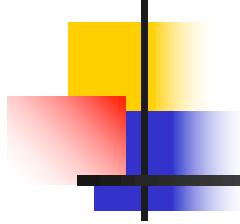


# How many of us do this...

## What I do when I can't hear someone



...That awkward moment, when you've already said “what?”  
Three times and still have no idea what the person said, do you just agree...?

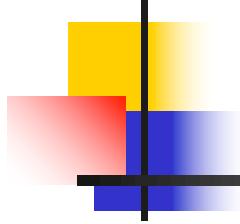


# Passing...?



- “Passing” (bluffing) = Success
- Success in the world by bluffing is common goal
- Get past Denial and **Bluffing!**





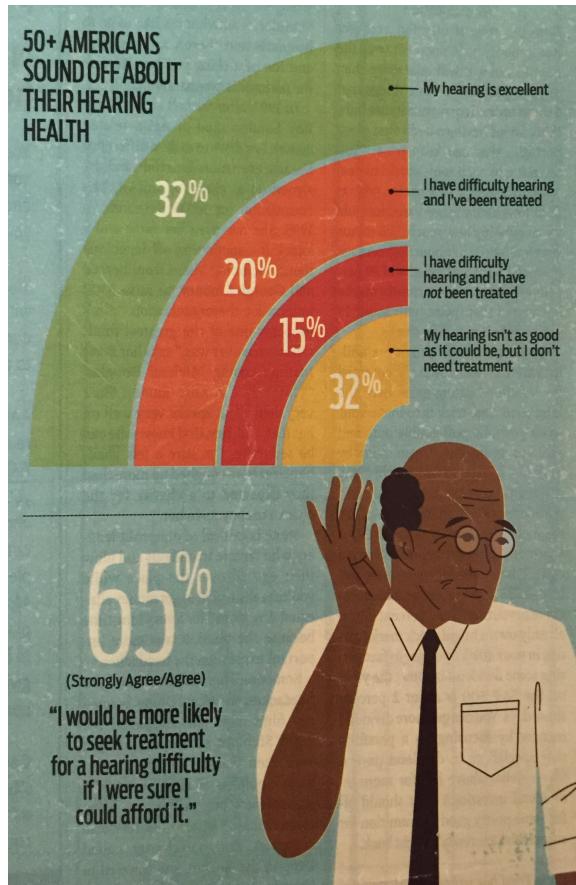
# “Cloak of Invisibility”

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Hearing loss is an invisible disability  
that significantly impacts  
communication

Let's make it visible!

# Journey of Denial to Acceptance



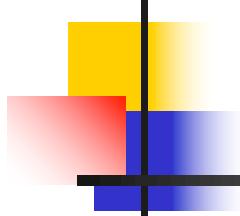
- Typical time from diagnosis to treatment is 7 years due to denial, shame and/or financial inability!
- **CHOOSE** to make a different choice

# Self Advocacy No-Bluff Pledge



I have the RIGHT to understand and participate. In my life, I will not bluff! I will not pretend to understand when I do *not*. Instead I will do all that it takes to engage, interact and communicate! I will reclaim my life. Ban the bluff.

Gael Hannan

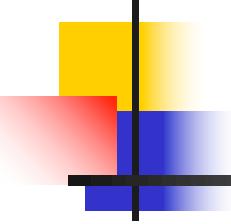


# Importance of Humor and Laughter

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Humor helps us both physically and mentally!

- to cope with stress and pain
- relieves muscle tension
- bolsters the immune system
- builds trust and strengthens relationships.
- reduces fear and anxiety



# Is it funny or not?

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As Gael Hannan says - “Hearing loss isn’t funny, but a sense of humor makes living with it easier”

- The ability to laugh at ourselves helps not only us, but those who we are with
- When we can laugh at ourselves, we also make people feel more comfortable!

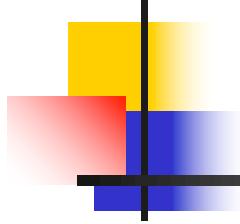
# That's funny...!

Being able to laugh at  
ourselves brings us  
one step closer to  
accepting our hearing loss.



Take a Deep  
Breath before  
you react!

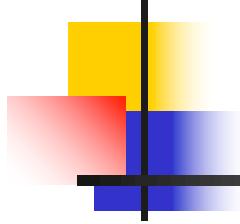




# 7 Keys for Easier Communication

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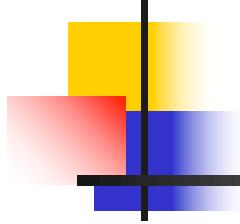
1. Educate yourself about what **YOU** need.
2. Tell people what you need i.e.
3. Identify what you can and cannot control.



# Take charge!

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4. Take charge where to communicate i.e.
  - quiet room at a party
  - choose restaurants with carpet, fabric furniture
5. Avoid windows and bright light behind the speaker



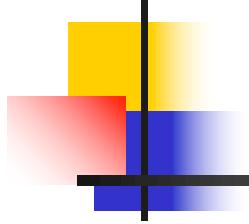
# Choice

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choices give us power

v.s.

feeling like a victim



# Four “A’s” of Coping

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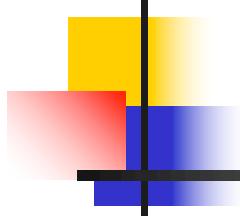
## 6. Make a Choice of which A to use”

**A**wareness and acknowledgement

**A**lternative – suggest a quieter environment

**A**voidance – decide not to go and be okay

**A**cceptance – decide to go and know that you will miss out on some things



## Last, but not least!

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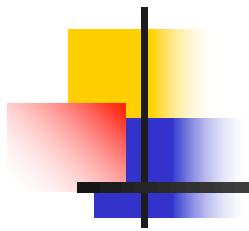
7. Have realistic expectations – and decide what is most important at the moment...

**social connectedness**

or

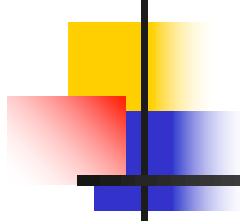
**taking care of oneself**

(it is ok to be “selfish” and do this!)



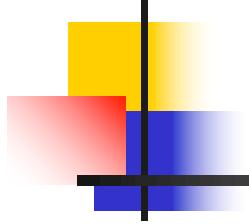
# Self Care Wheel





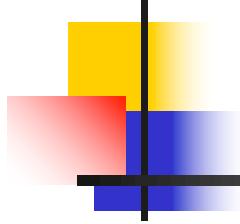
# Preparing for the Holidays

- Take care of yourself **before, during and after** any gathering
- **Self care** is an important part of survival...others will see that you are happier...
- Tell people ahead of time, what will make communication easier



# **Planning = Success!**

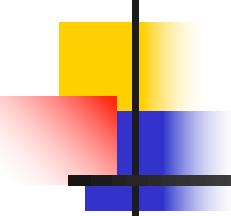
The more you plan the better  
your chances for successful  
communication!



# Be Prepared...virtually!

Use free captions, Google Meet, WebCaptioner  
Plan for what you need

- Ask everyone to use the chat box and to mute themselves
- See where you can take charge
  - researching best virtual games
  - pre-party activities to share



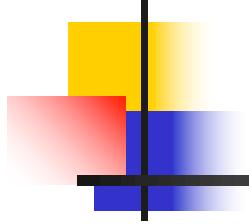
# In person gatherings

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## Preplanning ideas

- Quieter restaurant
- Several different tables with fewer people
- Rules for communicating i.e. only one person speaking at a time

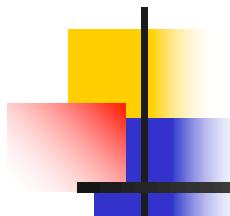
After the meal, give yourself permission to get up and go to another room



## In person, continued,

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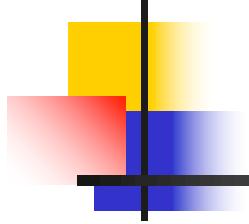
- Remember to get clear masks!
- Use apps for text to speech conversations
- Do not expect to understand everything
- Decide ahead of time, what is more important...ie talking with grandchildren vs acquaintances



## And allow yourself....

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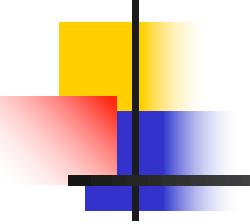
- To not have to participate
- To follow your feelings...if you are not happy, give yourself permission to find something else to do
- To often remember, you can have and make a choice!



# I am sooo tired....!

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- Zoom fatigue is real!
- Make it fun and humorous!
- Get your body moving!
- Tell people that you are going to step away to stretch (and not to take it personally!)
- Take a lot of deep breaths and look away from the screen!



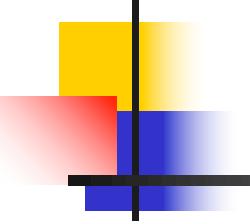
## Additional tips to teach...

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- Setting the “stage” for your conversation
- Lighting and Windows - do not sit in front of windows
- Pick rooms/restaurants with carpeting/upholstery/drapery to absorb sound
- Reduce background noise - go into another room if necessary
- Enunciation and Eye contact -use of non verbal cues
- Pacing and speed - ask people to speak slowly as naturally as possible
- Use of visual materials - drawing, technological aids I.e. cell phone apps

# What does a conversation sound like with a hearing loss?

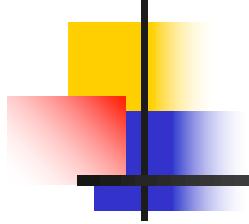




# Holiday Games and Fun

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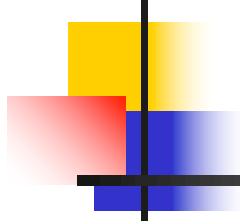
- <http://www.deaffriendly.com/articles/deaffriendly-games-for-deaf-challenged-holidays/>
- <https://www.cosmopolitan.com/lifestyle/a32775193/best-zoom-games/>
- <https://myfreebingocards.com/virtual-bingo>
- <https://teambuilding.com/blog/virtual-holiday-party>
- Mad Libs - send out, fill out and share



# Practice make perfect (almost always!)

The Journey of accepting  
one's hearing loss  
is a gradual and  
continual process

Requiring self patience and  
Self care and self respect...



# Contact Information

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[www.dralisonfreeman.net](http://www.dralisonfreeman.net)



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[info@hearingglossca.org](mailto:info@hearingglossca.org)



# Thank you for joining us today!

## Thank you HLAA California State Association!

### For Information & Questions



[www.hearingloss.org](http://www.hearingloss.org)  
inquiry@hearingloss.org



[www.hearingglossca.org](http://www.hearingglossca.org)  
info@hearingglossca.org