

## The plain text of a **A LUNA resource for... Deaf Awareness Week, Exploring the impacts of deafness and tips on how you can support the wonderful D/deaf/ Hard of Hearing People in your life!**

(All of the following text are on infographics which have pale yellow backgrounds and big random shapes in faded out colours. In the bottom right hand corner of every slide is the LUNA logo faded out. There are 1 slides in total, and slide changes are marked in the plain text. Any other images have their own image description as and when they pop up!)

### **Slide 2: What is hearing loss?**

Hearing loss is what you might expect - a loss of hearing or difference in hearing abilities compared to "normal" hearing. There is such a huge spectrum of hearing differences, and so you may hear the following words used in front of "hearing loss", to give more information about what that looks like for a specific person!

**Mild** -> A person with a mild hearing loss may hear some speech sounds but soft sounds such as whispering or rustling are hard to hear

**Moderate** ->A person with a moderate hearing loss may hear almost no speech when another person is talking at a normal level. One on one conversations are fine but can struggle with

**Severe** ->A person with severe hearing loss will hear no speech when a person is talking at a normal level and only some loud sounds. Tend to rely on hearing aids or lipreading

**Profound** -> A person with a profound hearing loss will not hear any speech and only very loud sounds.

### **D/deaf? Hearing loss?**

Often people who have been born with hearing loss would class themselves as Deaf and have a whole incredible culture and community. whereas those who have lost their hearing later in life, would usually refer to themselves as deafened or hard of hearing. However it's all down to personal preference and people may use different language in different situations!

### Slide 3: **How being hard of hearing might make you feel?**

... because everyone's experience with deafness/hearing loss are unique, feelings are different for everyone! For members of the Deaf community or those who have had hearing loss for a long time, they may feel positive emotions towards their deafness and have a strong sense of deaf identity , however for older children, young people and adults losing their hearing may make them feel...

- Upset
- Stressed
- Irritable
- Anxious
- Isolated
- Tired from having to concentrate more
- Less confident
- Lonely

### Slide 4: **What aids or communication styles may D/deaf people use ?**

- Hearing aids
- Cochlear implants
- Sign language (BSL)
- Lip reading

Next to each of these words are a little cartoony image of them! There is an ear with a hearing aid, a young girl with a cochlear implant smiling, a young women signing, and two people sat across from each other having a conversation.

### Slide 5 and 6: **What can I do to help communication with people with hearing loss?**

- Reduce background noise where possible
- Write things down, such as important information or use a speech to text service such as Otter -ia or Big Note

- Get the persons attention either by texting, tapping on the shoulder, or turning lights on and off
  - Be aware of what the person is likely to hear or not hear and adapt accordingly
  - Face the person and speak clearly
  - Don't say "dont worry about it, its not important". Instead, just repeat what you said !
  - Subtly let the person know if they are speaking too loud or too quiet
  - Don't shout!
  - Maintain eye contact and let the person see your lips if not wearing a mask
  - Learn a few handy phrases in sign language together, particularly helpful if the person uses sign language fluently or simply for when masks are being worn
  - Let the person see your facial expressions
  - **Most importantly, have a conversation together and try to understand what is helpful, what isn't helpful and ask any questions you might have!**
- Communication is key!**

### **Slide 7 Deaf culture**

Deaf people , particularly those who use sign language, have a strong culture, which its important to recognise and be aware of when talking to deaf friends. Culture is a way of running things, a way of life and enjoyment. Deaf culture is no different to any other culture, it is not tied to a geographical region, and it's an appreciation of their heritage, history, literature, struggles and, underpinning it all, is language and community. It's a wonderful culture and one that should not be undermined by a lack of knowledge about it

### **Slide 8: References**

1. Types of Hearing Loss | CDC [Internet]. Centers for Disease Control and Prevention. 2021 [cited 8 May 2021]. Available from: <https://www.cdc.gov/ncbddd/hearingloss/types.html>

2. My Communication Card [Internet]. RNID. 2021 [cited 8 May 2021]. Available from: <https://rnid.brandstencil.com/buzz/my-card/create/001-comm-card>

3. What is Deaf culture? - British Deaf Association [Internet]. British Deaf Association. 2021 [cited 8 May 2021]. Available from: <https://bda.org.uk/what-is-deaf-culture/>

4. What is Deaf Culture? - DEAF CULTURE CENTRE [Internet]. DEAF CULTURE CENTRE. 2021 [cited 8 May 2021]. Available from: <https://deafculturecentre.ca/what-is-deaf-culture/>