HLAA
Hearing Loss Association of America
Washington State Association

HLAA Washington Community Day 2026

Keynote Presentation

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Take Charge of Your Hearing Loss

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PEOPLE WITH HEARING LOSS
LIVE UNCERTAIN LIVES

We don’t know when we will be able to understand and when we won’t.

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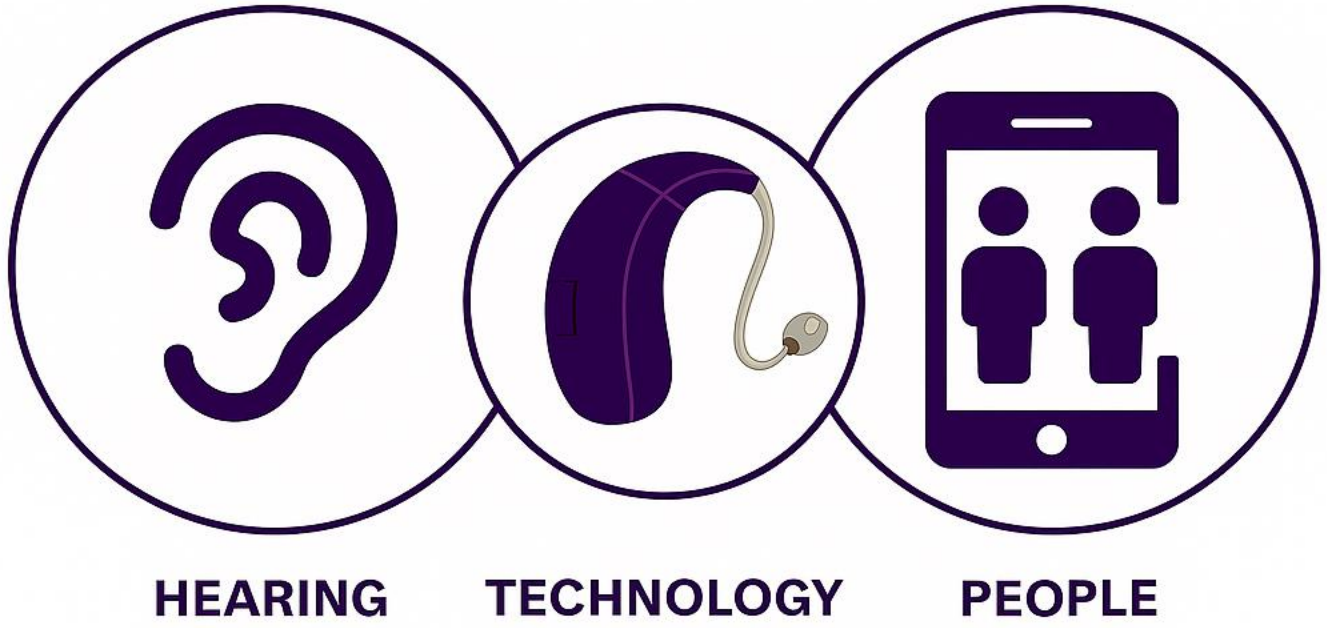
Hearing Loss Is A Spectrum



Deaf • late-deafened • severe hearing loss • mild to moderate

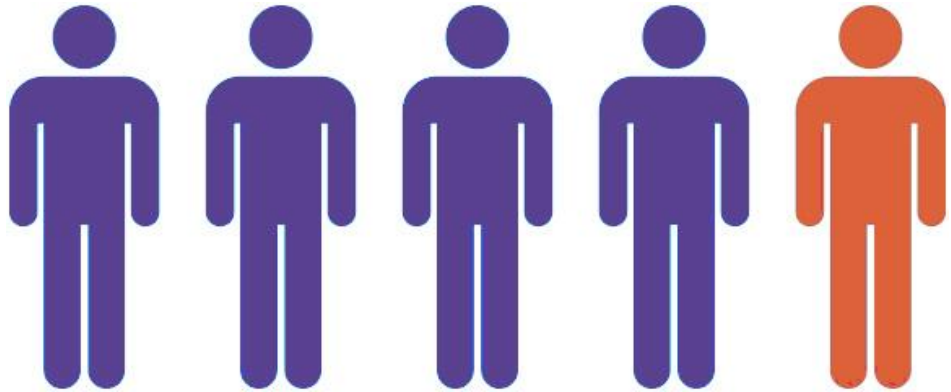
Raise your hand

1. Have you had your hearing tested?
2. Do you wear hearing instruments?

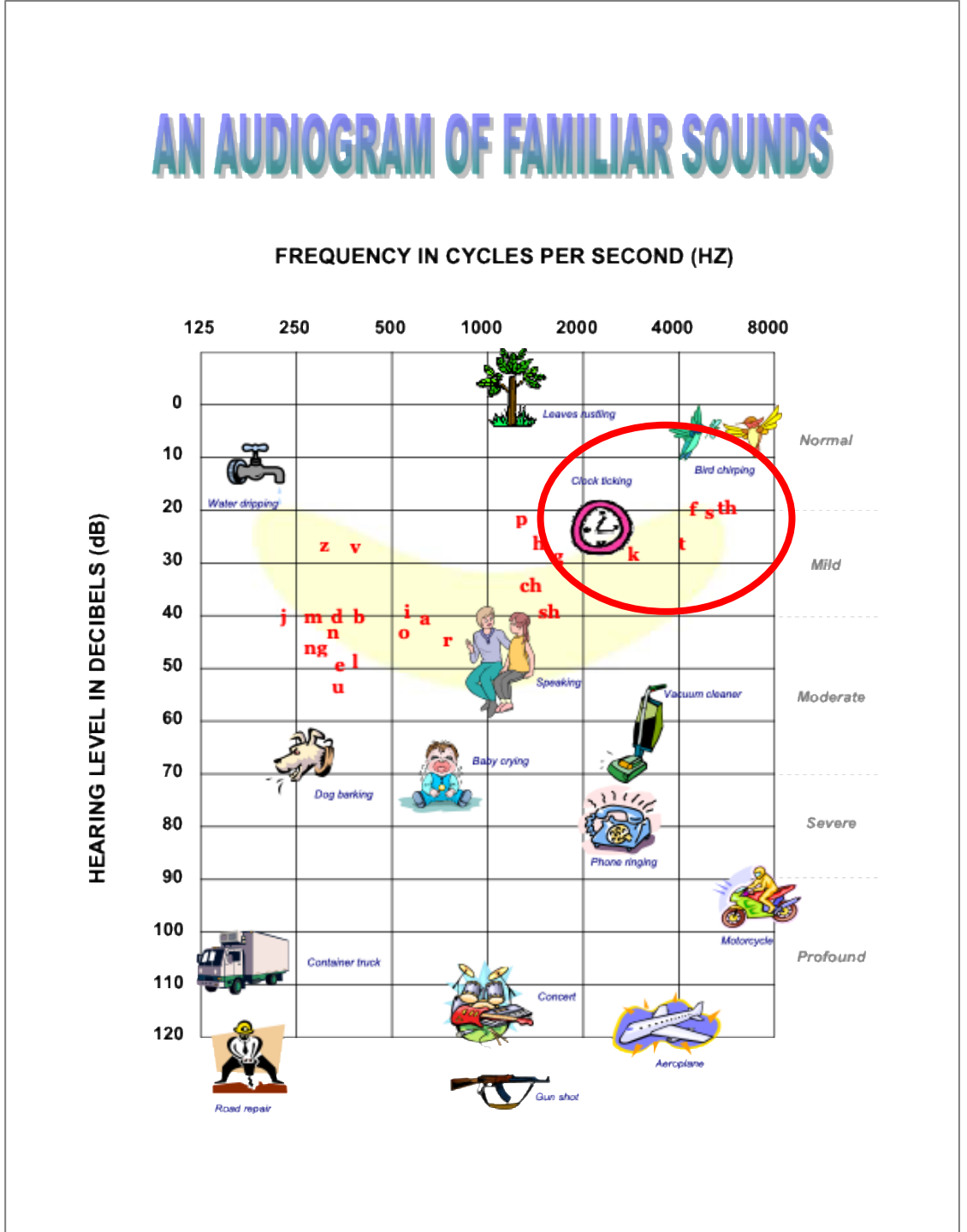
Hearing Loss is Common

3rd

most common health condition following heart disease and arthritis



SPEECH BANANA



IMAGINE

living in a world that sounds like this:

My spouse is singing at the park Thursday.

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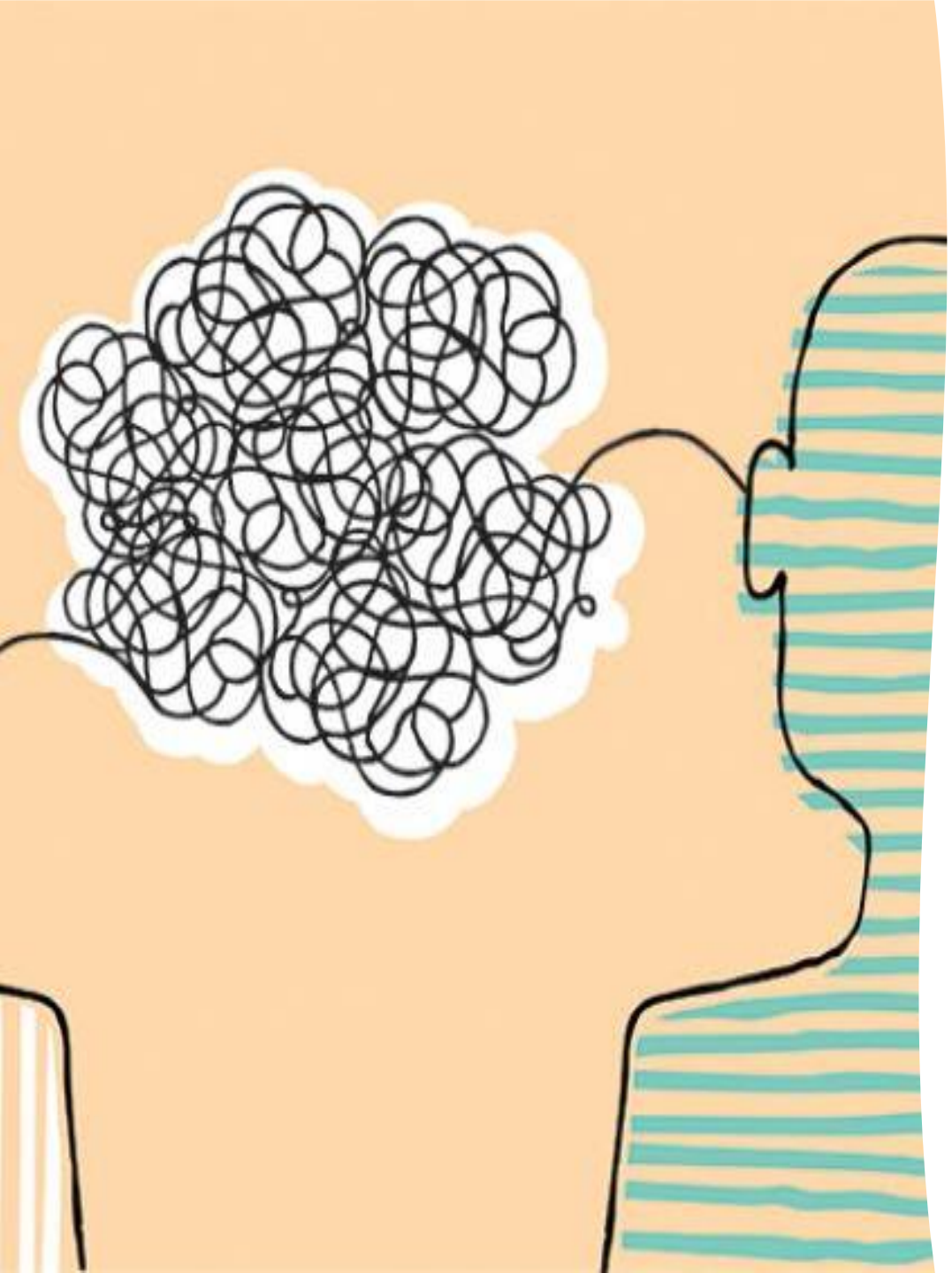
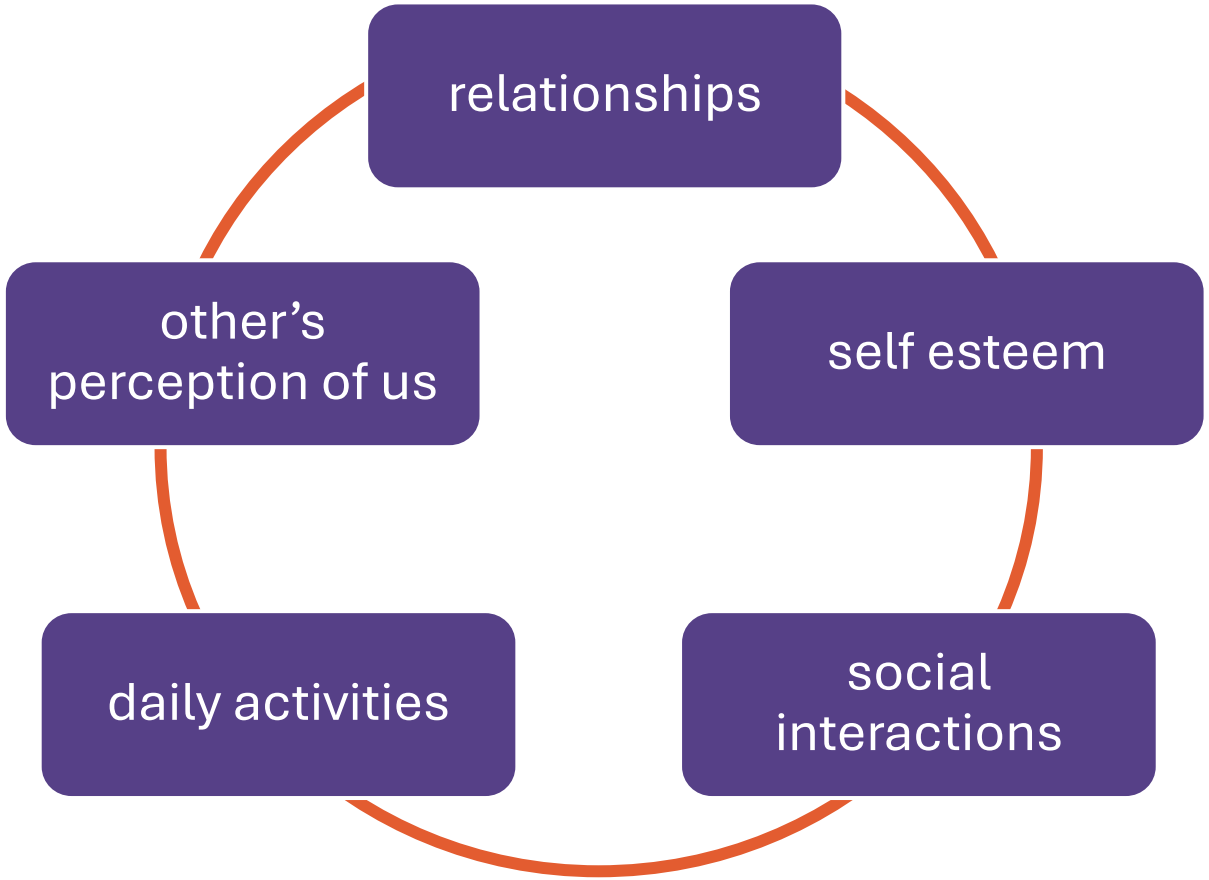


Difficulty Understanding

- communication with family and friends
- communication in noisy environments
- understanding the TV
- on the telephone
- in a lecture or class
- during virtual meetings

HEARING LOSS AFFECTS OUR TOTAL WELLBEING



Side effects of hearing loss

OVERLOAD

FATIGUE

RIDICULE

DEMENTIA

Impact of Hearing Loss

- social isolation
- loneliness
- depression
- falls

Thought for the day

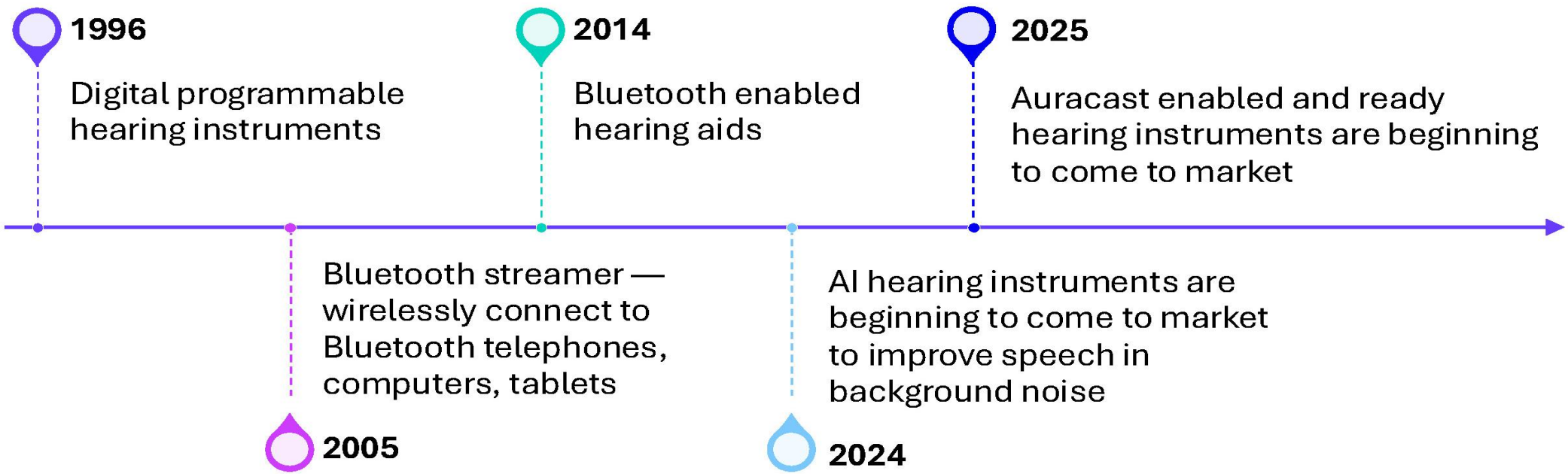
Hearing loss is not just a disability, it's a way of life that requires a different type of strength.

Hearinglossmom.com

Hearing Loss Journey

The road from shame to acceptance.

Technological revolution and hearing loss



Hear Better in More Places

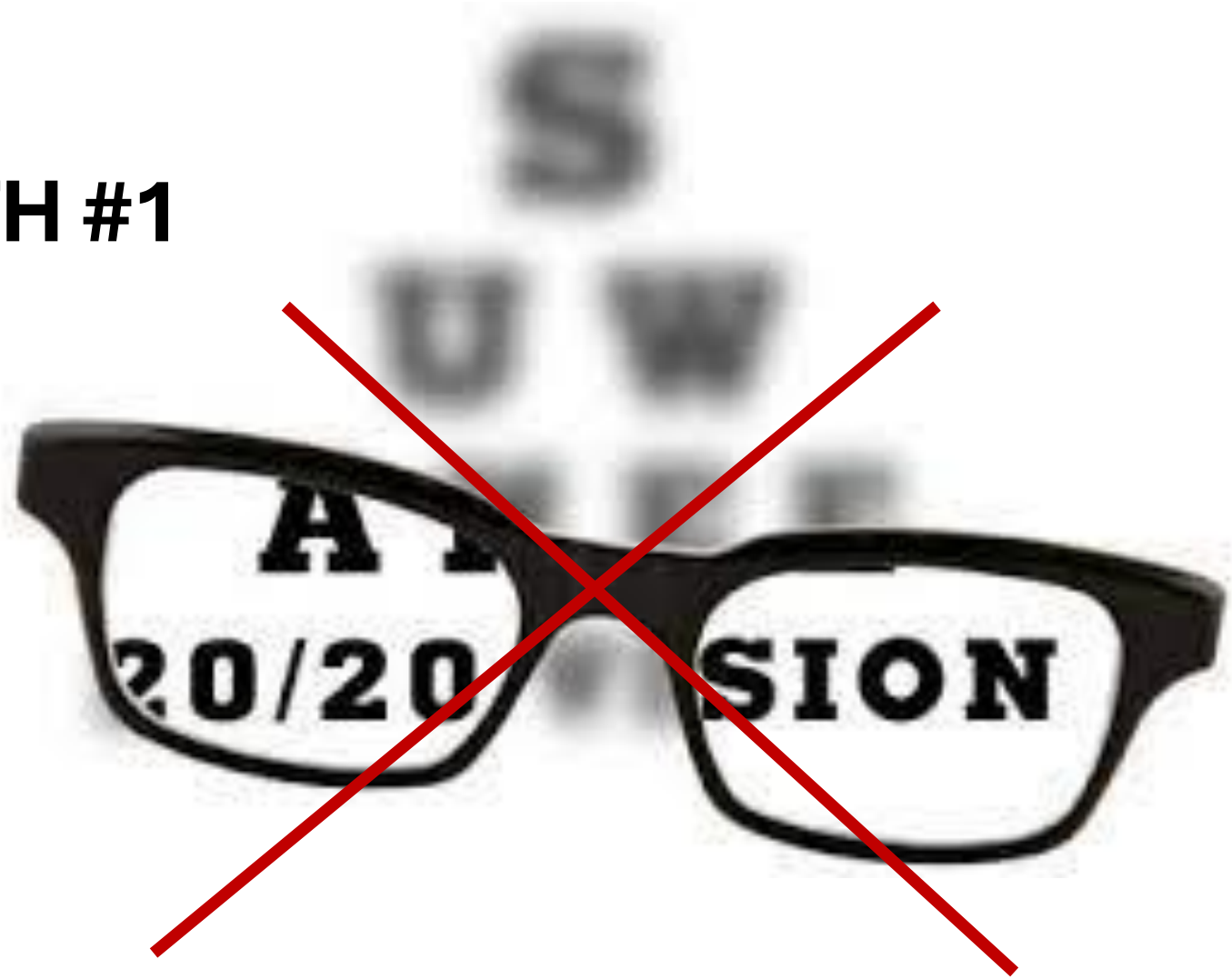
Hearing Instruments Aren't Enough

Just because a person can hear someone speaking, does not mean they can understand the words.

Even with hearing aids or cochlear implants!

HEARING LOSS MYTH #1

Hearing instruments provide 20/20 hearing like glasses provide for eyesight.



Obstacles to Speech Comprehension

- distance from the sound source
- reverberation or echo
- competing background noise
- facemasks

So…What Helps?

From challenge to possibility

- Hearing loss affects **how we connect, communicate, and participate.**
- No single solution works for everyone.
- **Tools, technology, and know-how** can make everyday life easier.

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Overcoming the Obstacles

- acceptance
- using the app remote control
- captioned telephone
- speech-to-text apps
- use assistive listening systems*

*not included in the presentation

Your Next Steps

- Get your hearing tested
- Explore hearing instruments and assistive technology
- Learn to self-advocate in everyday situations
- Connect with HLAA Washington State Association
- Share what you've learned with family and friends

Take Charge of your Hearing Loss

You've Got This!

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