HLAA-WA: UNITED IN EMPATHY AND ACTION

HLAA-WA community picnic, 2022

HLAA-WA is a grassroots organization run by and for people with hearing loss in Washington State. We connect people with peer support and resources, and we advocate for accessibility laws so that **we can all live our best lives.**

Support: Hearing loss can be frightening and isolating. HLAA-WA helps people face the challenge and learn to thrive. We also help venues, employers, and organizations to be more inclusive of people with hearing loss.

Information: Find answers, guidance, support, the latest research, and product information in our enews and on our website.

www.hearingloss-wa.org

Advocacy: We're working for you.
- insurance coverage for hearing aids
- communication access in public venues
- hearing access technology for everyone

Community Outreach: HLAA-WA raises awareness about hearing loss with the goal of creating a culture shift toward greater inclusion and accessibility. If you'd like us to present to you, please contact us: hope@hearingloss-wa.org

WE ARE HERE FOR YOU

HLAA
Hearing Loss Association of America
Washington State Association

If you or a loved one has hearing loss,
if you work with senior populations,
if you are interested in inclusion and accessibility…

Connect with us. We'd love to hear from you!

www.hearingloss-wa.org

hope@hearingloss-wa.org
503.882.0115

Learn more about communication access on our website.
www.hearingloss-wa.org

HLAA
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Hearing loss is a journey. We are here to help!

Support | Information | Advocacy
Community Outreach

"HLAA-WA helps me overcome my hearing challenges and gain confidence."

~ Carolyn Odio

www.hearingloss-wa.org

YOU ARE NOT ALONE

HLAA-WA is a safe place to have hearing loss. As people with hearing loss ourselves, we understand the challenges and feelings that hearing loss can bring. We lift each other up, share information, and become a community.

Join Us For a Meeting

HOPE
Hearing Other People's Experiences

Virtual meetings are led by our HLAA-WA HOPE Crew. These **online zoom meetings** offer an opportunity to meet other people with hearing loss. We share successes, challenges, and knowledge, and we offer compassion and support. Meetings are captioned.

In-person meetings are held monthly in Bellingham, Panorama in Lacey, and Renton. All meeting locations have hearing loops. Learn more: https://hearingloss-wa.org/support-for-hearing-loss/chapters-support-groups/

All meetings are free and open to all.

"Another amazing meeting, WOW! The depth and breadth of it. The empathy and support and solutions and unity! I'm thrilled."

Kimberly Parker

WHY HEARING HEALTH MATTERS

Treating your hearing loss can help protect your physical and mental health and keep you connected to the people and activities you enjoy.

Know the Signs of Hearing Loss

Pay attention if you or a loved one:

- complains everyone mumbles
- turns the TV volume up too loud
- has trouble hearing on the phone
- has difficulty understanding conversations in noisy environments
- monopolizes the conversation
- withdraws from social activity

Be Proactive

Successfully managing hearing loss takes more than just hearing aids. HLAA-WA can help empower you to:

- learn all about your hearing loss
- help others communicate with you
- try different assistive technologies
- ask for access where you live and work
- practice communication strategies
- learn from others with hearing loss
- feel confident with your hearing loss

Learn more at www.hearingloss-wa.org

COMMUNICATION TIPS

Good communication requires everyone to practice helpful strategies. Whether you are speaking or listening, these tips can help.

Talking to Someone with Hearing Loss:

- get their attention first
- face them directly and make eye contact
- avoid noisy backgrounds
- be patient, stay positive and relaxed
- use technologies like caption apps or remote microphones
- ask how you can best communicate

If You Have Hearing Loss:

- don't bluff—let people know you have trouble hearing
- pay attention, look for visual cues
- sit close to the speaker
- use technologies like personal amplifiers, Bluetooth, captions, and hearing loops
- maintain a sense of humor