

UNDERSTANDING

a

DEAF

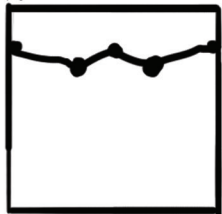
WORLD



Hi! you are about to explore a world from a deaf / hearing impaired perspective.

This zine covers a range of points about deafness, what it really means, what others should consider and coping strategies.

NORMAL HEARING



Most people are born with normal hearing - at an early age you quickly gather social development at a natural pace which helps you interact and socialise with the world around you.

Deafness: Partially or completely lacking in the sense of hearing

1) Types of hearing losses

- Pre-lingual hearing loss: Born deaf
- Post-lingual hearing loss: Deafness which is developed

Basically means you can be born deaf or you can develop it later in life.



Hearing aid

an electro acoustic device that is designed to amplify sound



Cochlear implant
a surgically implanted device that provides a sense of sound.

2) Levels of hearing losses

MILD HEARING LOSS



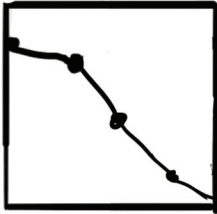
- May cause you to lose 25-50% of speech signal.
- People from the distance can be harder to hear, weak voices can be difficult to pick up on

MODERATE HEARING LOSS



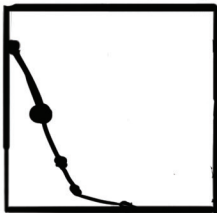
- You may miss 50/75% of the speech signal.
- Normal conversations can be hard to hear especially if distance + visual cues change

SEVERE HEARING LOSS



- It is difficult hearing in all situations
- You may lose 100% of the speech signal
- (Normal conversations difficult except under ideal circumstances i.e. - face to face, quiet spaces)

PROFOUND HEARING LOSS



- Is the most extreme hearing loss.
- You may not hear any speech at all. You are forced to rely on visual cues constantly

3)- Challenges a deaf person will Face

Naturally a hearing person can assume that someone deaf simply just cannot hear as well. This is a misconception

Being deaf means you can't hear as well as others, though it ALSO brings a range of it's own challenges with it as well.

This is why hearing loss is seen as a "HIDDEN disability" here highlights a few points on what a deaf person can experience on a daily basis.

1)

Social isolation/exclusion



Because of someone being deaf - Daily you can feel marginalised and excluded from the hearing society. This can also affect the individual's impact on their mental health + self-esteem

2)

Inability to grasp words



Being deaf you need to focus twice as hard to hear the other person. It becomes even more a challenge in noiser environments (ie. Pubs, bars, outside in the city) where you have to focus even more so in social situations.

3) Feeling ignored



In addition with being deaf not only is your hearing is affected, your speaking ability too has an impact. being deaf you may easily get in a habit of speaking quietly or not using your diaphragm to project your words out.

As a result of this, the person who is deaf can hear he/she's own words though the other person might not. Although it might not be intentional it can give the impression that he/she is being ignored

4) How a deaf person can view the deaf community



For some, they don't want to be labelled as deaf — they want to exist in the hearing world and see themselves as capable as anybody else. It can be seen/felt as a weakness for the individual to be seen as deaf and a open door for abuse and discrimination. So they choose to reject it.



For others, they embrace the meaning of being deaf and the deaf community. If the hearing world will not find a place for us, then we will find and create our own with each other. To reclaim the word deaf and to say that we are "deaf and proud" as some put it.

5) Techniques a deaf person uses to communicate

Being deaf, you have to look for visual cues to find out what the other person is saying. Here are some techniques that a deaf person can use to help.

1) Lip Reading



Lip reading is a technique used of understanding speech by visually interpreting the movement of the lips, face and tongue.

2) Sign language



(a)



(c)



(y)

Sign language is a language which uses visually transmitted sign patterns to convey meanings

6 What not to say and why

1) Saying "it doesn't matter"



YES IT DOES! Talking to a deaf person, you might think you're making it easier by saying this after the third, fourth or tenth time he/she has asked you to repeat what you just said. Ultimately, the deaf person is trying to grasp every word you've just said. So to say it "doesn't matter" is seen as a **REALLY** ignorant and rude thing to say.

This is the end of the 2:ne
hope you found in insishtful
-feel free to pass on, photocopy +
Share.

Thanks to my family +
friends, who remind me
that I'm just as capable
of achieving goals as any
body else.

