



# Living Successfully with Hearing Loss

## Levels 1, 2, and 3



### LEVEL 1 (DHHE 0618)

This course is essential in managing hearing loss more successfully. The classes allow students the opportunity to create more effective personal communication, to identify and select communication strategies and tools, to increase self-confidence levels, and to learn to self-advocate using assertive behaviour. The knowledge, skills, and strategies help both the person with hearing loss and their partners learn to communicate more effectively.

The students practice speechreading; they detect differences in mouth movements and discriminate and identify visual aspects of speech that complement what they may hear. They learn about factors that impact their ability to understand, resources and technology, and how to approach difficult situations. They meet and learn with others who also experience hearing challenges.

### LEVEL 2 (DHHE 0619)

This course provides the opportunity for individuals with hearing loss and their partners to build upon the foundation of effective communication skills introduced in Living Successfully with Hearing Loss Level 1. Main tasks involve speechreading, focused conversations, and brainstorming. Students continue to improve speechreading skills through individual and group activities.

Students demonstrate more confident and assertive behaviour and conduct conversations that demonstrate the knowledge, skills, and attitude that support effective communication. They become more adept at self-advocacy. This course provides practical experience to become more proficient in the strategies and behaviour changes introduced in Level 1.

### LEVEL 3 (DHHE 0621)

This course expands the knowledge, skills, and abilities developed through Levels 1 and 2 and provides the opportunity for students to apply these skills in real-life experiences. The students move from generalized situations to personal realistic challenges in the hearing world.

This course emphasizes experiences both in and out of the classroom, incorporating higher-level communication responsibility, larger groups, and noisy environments. Through these listening experiences, students evaluate their relationship with technology and, ultimately, assess their self-efficacy related to living successfully with hearing loss.

### COURSE INFORMATION

**Delivery:** Courses may be online (using a course website with a 1.5 hour weekly Zoom) or in-person (2.5 hours/week).

Typically there are both afternoon and evening options.

**Length:** 12 weeks, one class per week (27 hours)

**Start:** September, January, and April

### TO APPLY

These courses are available for adults with hearing loss and their communication partners. Anyone who is interested or who has questions should email [dhh@vcc.ca](mailto:dhh@vcc.ca) for more information, course schedule, fees, and intake requirements.

The instructor will contact those interested for a brief interview (via phone, Zoom, or email) to discuss hearing loss, English level, and current communication challenges.