Lesson One – Hearing Loss and Impairment

Lesson Overview

Age-related changes in hearing occur as we age. Approximately one in three people in the United States between the ages of 65 and 74 have hearing loss, and nearly half of those older than 75 have difficulty hearing. In this lesson, participants will experience the impact of hearing loss to sensitize them to the challenges that it has on the daily life of older adults.

Lesson Objectives

After completing this lesson, participants will:

• Experience age-related hearing loss
• Increase sensitivity to the feelings engendered when hearing is impaired and independence may be compromised

Lesson at a Glance

<table>
<thead>
<tr>
<th>Activity</th>
<th>Materials</th>
<th>Preparation</th>
<th>Approximate class time</th>
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<tbody>
<tr>
<td>FOCUS</td>
<td>• Pre-Summative Assessment&lt;br&gt;• Pre-Summative Assessment – Answer Key&lt;br&gt;• Age-Related Hearing Impairment slide presentation</td>
<td>1. Prepare to show Age-Related Hearing Impairment slide presentation&lt;br&gt;2. Print/photocopy the Pre-Summative Assessment (one per participant)</td>
<td>5-15 minutes</td>
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<tr>
<td>LEARN</td>
<td>• Hearing Impairment Simulator&lt;br&gt;• Age-Related Hearing Impairment slide presentation&lt;br&gt;• Hearing Impairment Simulator User Guide&lt;br&gt;• Hearing Loss and Impairment Reflection handout</td>
<td>1. Prepare to show Age-Related Hearing Impairment slide presentation&lt;br&gt;2. Print/photocopy the Hearing Loss Reflection handout (one per participant)&lt;br&gt;3. Print/have available the Hearing Impairment Simulator User Guide</td>
<td>30 minutes</td>
</tr>
<tr>
<td>REVIEW</td>
<td>• Age-Related Hearing Impairment slide presentation</td>
<td>1. Prepare to show Age-Related Hearing Impairment slide presentation</td>
<td>5-10 minutes</td>
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</tbody>
</table>
Name _____________________________

Pre-Summative Assessment

Directions: The following questions will ask you about your knowledge of age-related hearing loss and impairment, and the issues or challenges that it brings. Please answer the questions by circling the best answer or writing your response in the space provided.

1. True or False: Nearly half of adults over the age of 75 have difficulty hearing.
   a. True   b. False

2. What is the narrow passageway called through which sound waves travel, leading to the ear drum?
   ______________________________________

3. What do incoming sound waves do to the ear drum?
   ______________________________________

4. What carries an electrical signal to the brain, which turns it into a sound?
   a. Inner ear
   b. Auditory nerve
   c. Eustachian tube
   d. Retina

5. Name five potential causes of age-related hearing loss or impairment.
   1. ______________________________________
   2. ______________________________________
   3. ______________________________________
   4. ______________________________________
   5. ______________________________________

6. What is presbycusis?
   ______________________________________
   ______________________________________

7. What are five signs of age-related hearing loss or impairment?
   1. ______________________________________
   2. ______________________________________
   3. ______________________________________
   4. ______________________________________
   5. ______________________________________

8. Age-related hearing loss includes a gradual inability to hear, especially ________
   ________ sounds.

9. What is commonly known as ‘ringing in your ears’?
   a. Presbycusis
   b. Retinitis pigmentosa
   c. Tinnitus
   d. Auditory failure
Hearing Loss and Impairment Reflection

Think about how your hearing loss or impairment impacted you during the simulation activities. Answer the questions below about your experience.

1. What was the most difficult part of hearing loss or impairment? Why?

2. How did the loss of the hearing or the hearing impairment condition impact your ability to function?

3. How important is hearing in daily life and why?

4. How could loss of hearing or hearing impairment be dangerous to older adults?

5. What could you do to help an older adult with hearing loss or impairment if you were as a healthcare worker?