

Thoughts on Self Help



Understanding and preserving a long tradition started by Self Help for Hard of Hearing People (SHHH) under our new identity, Hearing Loss Association of America (HLAA)

This presentation developed by Steve Barber, HLA-Wake County, NC.
You can download this and other presentations from www.nchearingloss.org/programs.htm
Presentation may be freely used by other HLAA Chapters and State Associations.
If you have other hearing loss presentations to share, send them to steve.barber@earthlink.net

We are Steeped in Self Help

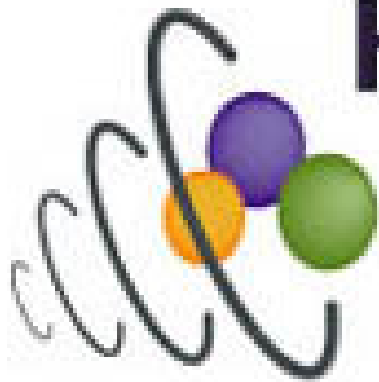
SHHH



- Rocky Stone Started SHHH in 1979
- The name, Self Help for Hard of Hearing People, highlighted his desire that SHHH could help us help ourselves.

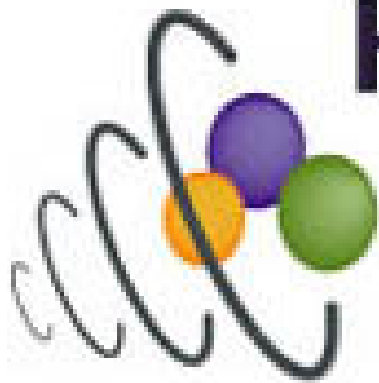


We're Now



**Hearing Loss
Association
of America**

We're Now



Hearing Loss Association of America

BUT ... The Name of the Game is still "SELF HELP"!

But What Does Self Help Mean?



- Helping Ourselves Personally?
- Others in our Chapter Helping Us?
- Helping Others in Our Chapter?
- Helping Others in our Community?
- Advocacy?

But What Does Self Help Mean?



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The answer is:

But What Does Self Help Mean?



- Helping Ourselves Personally?
- Others in our Chapter Helping Us?
- Helping Others in Our Chapter?
- Helping Others in our Community?
- Advocacy?

The answer is: **All of the Above!**

Help Yourself

It's Up To You



- Get Beyond Vanity and Embarrassment
- Read Hearing Loss Magazine
- Go to National and Regional Conventions
- Dig into Internet Resources
 - Listserves
 - Web Pages
 - Instant Messaging

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HLAA Helps You Take Charge of Your Hearing Loss!

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That first level of "Self Help" is Your Responsibility!

Others in our Chapters Helping Us

But There's Help



- Chapter Programs about
 - How Hearing Works and What Can Go Wrong
 - Technology
 - Hearing Aids and Cochlear Implants
 - Assistive Technology
 - Captioning, Relay, Computer Technology
 - Coping and Strategy
 - Resources
- Learning from Successful People
 - Role Models
 - Questions/Answers
 - Social situations

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Yep, That's SELF HELP, too.

Helping Others in Our Chapters

Helping Others Helps You!



- HLAA and our friends in it are one level of our identity.
- So, when we grow enough to help others in our chapter, this too, is “Self Help”.
- Often, we find that helping others helps us as much as it does them.

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If you've benefited from HLAA, then Pay it Forward,

Self Help in Our Community

Outreach is Self Help Too



- Support Health Fairs
- Sit on Boards, Committees, Councils
- Share the HLAA story with friends or just people we meet who need HLAA
- Educate our Hearing Health Providers
- Tell friends and strangers about HLAA

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The word "self" has two prefixes: "your" and "our".

Advocacy

Help the World Understand



- It's Self Help when we ADVOCATE for the needs of all people with hearing loss.
- There are a lot of opportunities:
 - Captioning
 - Assistive Listening Systems
 - Insurance
 - Newborn Testing
 - Public Awareness
 - Fire alarms
 - Relay and CapTel

Advocacy

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**Making a difference for all
hard of hearing people is
DEFINITELY SELF HELP!**

Self Help Is:



Self Help Is:



You!

Self Help Is:



Self Help Is:



Self Help Is:



Self Help Is:



What Level is For Me?

Any Level You Want



- All levels are “SELF HELP”
 - Helping Yourself
 - Helping Others
 - Outreach and Advocacy
- You get back more than you put in.
- Are you ready for the next level?

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What are you waiting for?