

# 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](http://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](mailto:steve.barber@earthlink.net)

# We are Steeped in Self Help

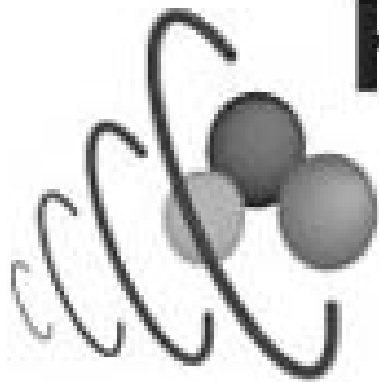
**SHHH**



- 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.

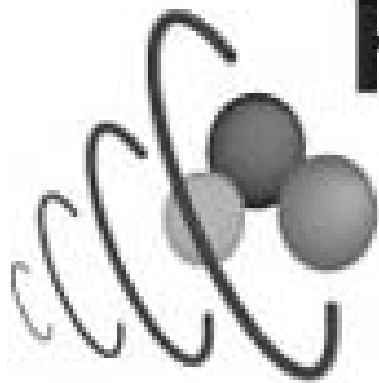


# We're Now



**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:

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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

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  - There are a lot of opportunities:
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    - Assistive Listening Systems
    - Insurance
    - Newborn Testing
    - Public Awareness
    - Fire alarms
    - Relay and CapTel
- 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?