

# Empowering Strategies by Janis Aaron Moore

## Tips for First-timers

- ★ Arrive early at workshop rooms. Get a good seat where you can see the CART screen. You'll discover it's typical for people to take the time to change things so everyone can hear. We're going to be very spoiled these next few days, so enjoy the fringe benefits.
- ★ Take time to go through the program thoroughly and decide what you would like to do and learn. Be selective – choose topics that are important to you.
- ★ Make sure you visit the exhibits. Look at the list of exhibitors, and identify those of particular interest to you. If you have hearing aids, see if the manufacturer is represented and visit that booth. This is a great opportunity to inquire about your aids and get contact names for more information. Take this opportunity to experiment with assistive technology devices to see if they help.
- ★ Don't overwhelm yourself with too many workshops. Take breaks and get to know other delegates. Visit the beautiful, multi-cultural city of Vancouver. Exercise is good for your health and good for your hearing.
- ★ Visit the bookstore (if one is available) to see if any literature can help you learn more about hearing loss. You may want to recommend that your local library purchase these for their collection. If they're not available, libraries often have interlibrary loan services and can provide books from other libraries.

## Keep Learning and Take Action

Finding reliable information is important. Learn about your sources. On the Internet, "dot com" sites are commercial and have something to sell – they may have a particular slant or bias. "Dot org" web sites are usually nonprofit organizations and may be less biased. "Dot edu" web sites are educational institutions. Visit the Resources page on my web site. If you do not have Internet access, you may be able to use computers your library, employment offices, or community colleges. Libraries frequently have interlibrary loan policies for borrowing books. Some libraries pay subscription fees for reference sites, and you can log on free.

## Search Terms

|                             |                            |                           |
|-----------------------------|----------------------------|---------------------------|
| accessibility               | sensorineural hearing loss | audiogram, tone test      |
| disability                  | conductive hearing loss    | word / speech recognition |
| ototoxic, ototoxicity       | late deafened / deaf       | audiologist               |
| cochlear implant            | alert devices              | relay telephone           |
| bone anchor hearing aid     | conference microphones     | captioned telephone       |
| assistive listening devices | lip / speech reading       | pre-lingual impairment    |
| assistive technology        |                            |                           |

If my wish is granted, this presentation has provided you with the empowering strategies to enhance the quality of your life and the lives of others. Good luck!