



## Hearing

### Section Summary

- The risk of developing dementia is greater among those with hearing loss.
- Those who experience hearing loss in mid-life (ages 45-65) may have a higher risk of developing dementia than those who develop hearing loss later in life.
- More severe hearing loss may be associated with an increased risk of developing dementia.
- Early screening and identification of hearing loss in mid-life is important.
- Some experts suggest that it is not hearing loss but rather its negative impact on social engagement, mood, and exercise that cause an increased risk of dementia.

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## Activities

### Activity One: Read My Lips

*Decline in hearing ability is a common aspect of aging and can contribute to social isolation. It is therefore important to develop other ways of communicating. Reading lips, reading body language and physical cues and technology aids are all great ways to combat hearing loss induced isolation.*

- Pick 3-4 words and mouth them without speaking them out loud.
- Ask the participants to write down what they think you said.
- This exercise is meant to highlight the importance of developing skills such as reading lips to accommodate hearing difficulties.

## Activity Two: Act It Out

- Break out into groups of two and give each participant a simple sentence or question.
- Ask that they attempt to non-verbally communicate it with their partner.
  - Eg. I like eating bananas.
- Allow participants 1-minute each to communicate their sentence.
- This activity is meant to emphasize the importance of incorporating and normalizing non-verbal communication skills to ensure people are not left behind due to hearing loss

## Discussion Questions

- Are there any other ways you can think of to mitigate hearing loss that were not mentioned in the video or other ways you have dealt with it in yourself or others?
- Have you ever disguised your own hearing loss or experienced someone else doing it?