

**IRISH HARD OF HEARING ASSOCIATION**  
35 NORTH FREDERICK STREET, DUBLIN 1

The Irish Hard of Hearing Association was founded in 1986 by a small group of people who met at a lipreading class in Blackrock, Co Dublin. It has expanded and become a national organisation with its members coming from all walks of life; hearing loss is what they have in common.

The aim of the IHHA is to provide information, hearing help and advice to adults who have acquired a hearing loss and to increase awareness on the access difficulties that hard of hearing people encounter.

The IHHA has been affiliated to DeafHear.ie (formerly NADP) since 1998 and is based in their head office. Members are welcome to drop in to visit the Deaftech centre which is open from 9am - 5pm Monday to Friday (closed 1-2pm)

We are members of the European Federation of Hard of Hearing associations (EFHOH) and the International Federation of Hard of Hearing associations (IFHOH)

## Aural Rehabilitation & Hearing Help Classes



Classes are relaxed and friendly.

Learn more about your hearing loss and meet other people with the same condition. **Learning to lipread** will enhance your communication ability, enabling you to participate in conversation with more confidence. You get all the information you need on what technology is available to help with telephone, TV, baby alarm, doorbell, etc.

Coping strategies will provide you with practical information on how to manage your hearing loss and how to cope in different social, business and home situations. Some social outings are organised through classes to try out new tactics in a safe environment!



## Lobbying/Representations

The IHHA lobbies TDs and Senators to improve the quality of life for hard of hearing people. This has led to an increase in subtitled programmes on RTE. We are presently involved in Access rights and will continue to play our part in enabling hard of hearing people to access information in public places i.e churches, airports, theatres, cinemas, hotels, conference rooms, railway stations and public transport generally.

## One-To-One Counselling

Occasionally, hearing loss can be sudden or traumatic. You may be going through a very difficult patch. Remember, you are not on your own. Help is available through one-to-one counselling, which is provided free of charge through DeafHear. Contact can be made with the Family Support Team in DeafHear, Ph: 01-8175700 or Fax: 01-8723816 for an appointment. See also [www.deafhear.ie](http://www.deafhear.ie)

## Social

Outdoor activities are ideal for people with hearing loss. Don't forget, it's often much easier to hear outdoors in quiet surroundings. We can also learn much from meeting others who have to live with someone with a hearing loss. View Aertel page 494 for the latest events

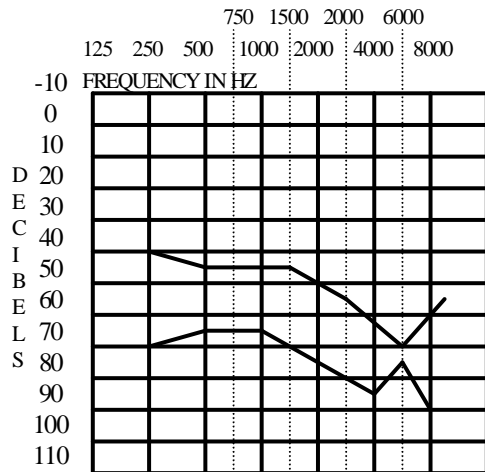
## Hill Walking & Ambling



A small but enthusiastic group of people walk together once a month in the Dublin or Wicklow mountains. This is for ardent walkers and friends or relations of the Hard of Hearing are very welcome. Less strenuous walks are organised, also once a month, for the not so fit. These usually take place on Sunday afternoons and are very popular.



# Information and Membership Application Form



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