

HEARING MATTERS

2021



■ A GLOBAL HEARING HEALTH CRISIS

■ HEARING ACCREDITED WORKPLACES

■ SUPPORT HEARING SCREENINGS

■ RAISING AWARENESS IN SCHOOLS

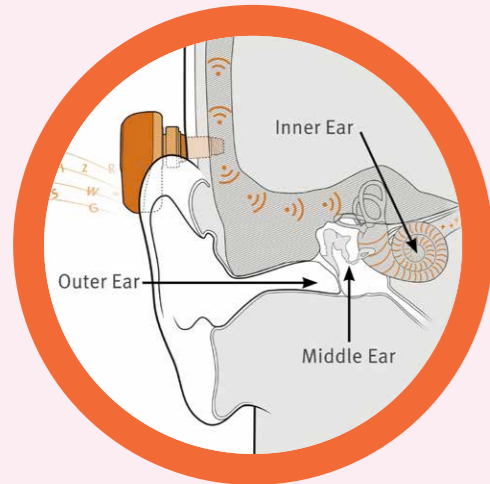


NATIONAL FOUNDATION FOR
Deaf & Hard of Hearing

FEATURED TECH

What is a Bone Anchored Hearing System?

Sometimes, hearing aids are not the best solution for people with hearing loss, and a bone anchored hearing system is recommended as a more suitable option.



How does a bone anchored hearing system (BAHS) work?

A BAHS is worn on the head and not in the ear. It consists of a small implant and an abutment that is placed in the skull bone just behind the ear, and a sound processor that attaches to the abutment. The sound processor transmits sound by conduction through bone into the cochlea (inner ear) instead of transmitting sound via air conduction. In this way, bone anchored hearing systems use both the body's natural ability to conduct sound, as well as its ability to osseointegrate, and thus secures the implant.

Who can benefit from a bone-anchored hearing system?

Candidacy is best determined by a hearing care professional. There are different types of hearing loss that may benefit from a BAHS.

• Conductive or mixed hearing loss

Conductive hearing loss is when an obstruction somewhere in the outer and/or middle ear hinders airborne sound waves from reaching the inner ear. Mixed hearing loss refers to a combination of conductive and sensorineural hearing loss. A BAHS, may be a good alternative to a conventional hearing aid as the sound signal is sent directly to the inner ear, bypassing any blockage in the outer and middle ear.

• Single-sided deafness (SSD)

SSD is the common name for profound unilateral sensorineural hearing loss. This means SSD patients only have one working cochlea. With the BAHS fitted on the deaf side, the sound can travel via the bone across the skull and be heard by the working cochlea.

Try before you decide

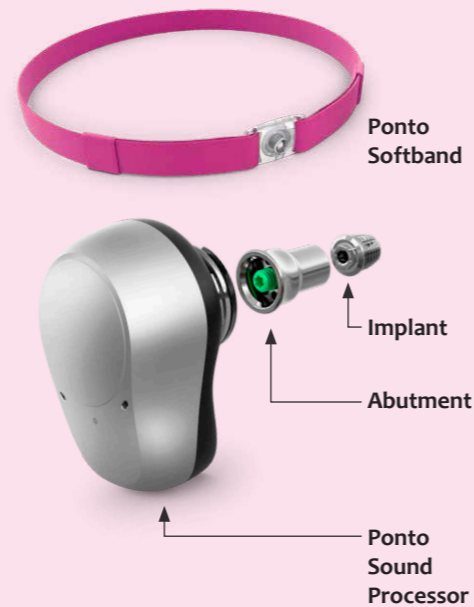
If you are a potential candidate for a BAHS, the sound processor can be tested on a soft band before committing to have the implant surgery. The sound processor should be tried in different daily situations to get an idea of what you will be able to hear.

What happens during surgery?

During the surgical procedure, an ear-nose-throat surgeon will place a small titanium implant into the mastoid bone behind the ear. This is normally a straightforward and minimally invasive surgical procedure. The dressing is removed from the implant site after 7 – 10 days post-surgery. Once the implant is fully integrated with the bone, the sound processor is fitted by an audiologist.

In summary

Your hearing care professional will be able to assess your suitability for a BAHS and recommend the best course of action for your hearing. If you'd like to speak to someone about the technology and support, please contact Stacey Butler at Oticon Medical on +64 (0)27 363 0998, stbt@oticonmedical.com



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This edition of *Hearing Matters* was made possible thanks to funding provided by the Lottery Grants Board.



KIA ORA

Welcome to the latest edition of Hearing Matters.

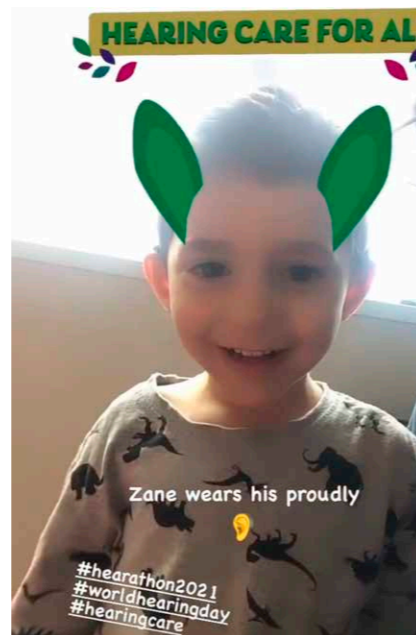
2021 has been an important year for the Foundation. We have focused on expanding our crucial programmes and combating alarming rates of youth hearing loss. We have managed to bring our pilot Hearing Screening Programme to 16 schools, with the aim of completing screenings at 21 schools by the end of the year. Thank you for your faithful and continued support, which has enabled us to provide this impactful programme and ensure young peoples' hearing loss is detected and treated.

In March, the World Health Organization published their *World Report on Hearing*, highlighting the global challenges we are facing due to unaddressed hearing loss, featured over page. In response to this hearing crisis, NFDHH introduced a Public Health Programme and have taken proactive steps working alongside the hearing sector and the Government. You can read more about the objectives of this Public Health Programme on page 7.

Another highlight of 2021 has been our Share Your Story series, which feature conversations with our community about their hearing loss journey. It has been a powerful way to build relationships with the Deaf and hard of hearing community across New Zealand and it has been inspiring to see the positive impact that these stories have had on readers. We are looking forward to continuing this series and sharing the richness of lived experience within our community.

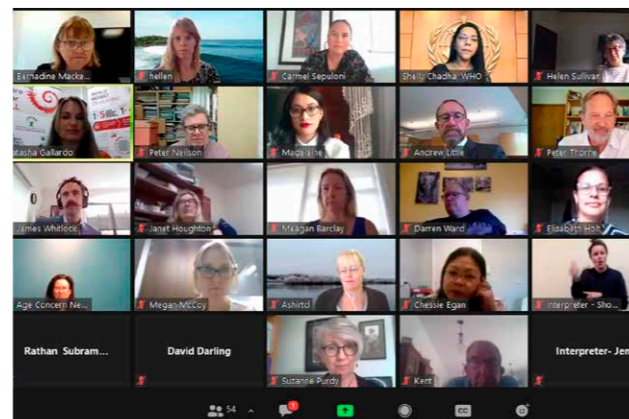
I hope you enjoy reading this edition of Hearing Matters.

Natasha Gallardo,
Chief Executive.



NFDHH's community, supporting the Hearathon on World Hearing Day.

On World Hearing Day, we came together as a nation to raise awareness for the global hearing health crisis and the urgent need to act now.



The virtual launch of the *World Report on Hearing*, co-hosted by NFDHH, Hon. Carmel Sepuloni and Hon. Andrew Little.

A Global Hearing Crisis

“We have to, we can, and we must act now for ear and hearing care.”

Globally, more than 1.5 billion people experience some degree of hearing loss, and this number is forecasted to swell to 2.5 billion by 2050.

Untreated hearing loss can have a serious impact on an individual's communication, cognition, education, employment, relationships, and mental health. Left unchecked, hearing loss will have a far-reaching impact on the national economy and our society.

The World Report on Hearing.



The World Health Organization's *World Report on Hearing* was launched earlier this year on World Hearing Day (3rd March). It is the first report to provide comprehensive data on the impact of hearing loss on a global scale. It outlines cost-effective public health solutions and directions for policymakers on how to address the burgeoning hearing health crisis.

The report is a call to action, urging us to scale up investment in hearing healthcare to address the burden of hearing loss in our communities and deliver hearing care for all.

Every year, nearly one trillion dollars are lost globally due to unaddressed hearing loss. This figure will continue to rise over the coming years if we do not act now.

New Zealand is fast approaching one million living with disabling hearing loss, and this is expected to double in just 30 years.

A call for change.

At the launch of the *World Report on Hearing*, Dr Shelly Chadha of the World Health Organization, Minister of Health, Andrew Little, and Minister for Disability Issues, Carmel Sepuloni, spoke about the urgency of the situation.

“There is no time to waste,” Dr Chadha explains, “by 2050, if the current trends persist, one out of every four people may have some degree of hearing loss.” To avert this hearing health crisis, she states that investment in prevention, identification, care and rehabilitation is essential. “We have to, we can, and we must act,” says Dr Chadha.

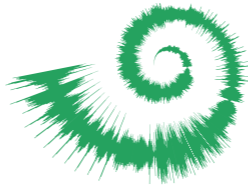
Minister Little spoke of the need for raising awareness. “Once hearing loss, due to loud sound sets in, it can't be reversed. This can significantly affect individuals and the community.”

Minister Sepuloni spoke of the importance of addressing hearing loss and stressed the Government's commitment to engaging with the hearing health sector. “Work is required to mitigate the future impacts of hearing loss amongst our young people... I welcome collaboration on initiatives aimed at hearing loss prevention and improving the lives and wellbeing of our people.”





World Report on Hearing:



IMPLICATIONS FOR NEW ZEALAND.

While the figures outlined in the *World Report on Hearing* are alarming, there is hope. "The good news is, we can act..." says Dr Chadha. She affirms that "it is possible to have good hearing across the life course."



Dr Shelly Chadha, World Health Organization.

Good hearing requires timely identification of hearing loss, which may occur at any age. "So right from the time a child is born until the end of life." This is why hearing screening throughout one's lifetime is essential.

"Left unchecked these unprecedented levels of hearing loss will continue to rise."

Dr Chadha explains, that with an accurate diagnosis, we can "address hearing loss through care and rehabilitation; through hearing technology; through sign language; and therapy." All are important to ensuring the wellbeing of those impacted by hearing loss.

There is also work to do around the societal stigma commonly associated with hearing loss Dr Chadha argues. Thus, raising awareness and becoming more inclusive of New Zealanders who are Deaf or hard of hearing as a society is a big part of the solution.

Integrated people-centred ear and hearing care is needed in New Zealand. To ensure we are acting on this need, the National Foundation for Deaf and Hard of Hearing is collaborating with the hearing sector to drive a Public Health Programme that will address the current gaps. Chief Executive of NFDHH, Natasha Gallardo, believes this work is vital,

"We need an integrated Public Health Programme that will scale up access to universal hearing healthcare."

Based on costs outlined in the *World Report on Hearing*, an investment of around USD 1.33 per capita would be required to prevent the current hearing health crisis and adequately scale up hearing health services. Furthermore, for every dollar invested, WHO estimates a return of USD 16.

BY 2050 NEARLY

2.5 Billion

PEOPLE WILL BE LIVING WITH SOME DEGREE OF HEARING LOSS

SCALING UP EAR AND HEARING CARE SERVICES TO COVER

90%

POPULATION BY 2030 WOULD:

REQUIRE

an additional annual investment of \$1.33 per capita

EARN

\$16 for every \$1 invested



*Source: World Report on Hearing, 2021. Currency is in USD.

APPROX.

1 Million

KIWIS ARE DEAF OR HARD OF HEARING

BY 2050, IF WE DO NOTHING, THIS NUMBER IS PREDICTED TO RISE TO ALMOST

2 Million

THE VALUE OF SOCIAL BENEFIT GAINED BY MITIGATING HEARING LOSS IN NEW ZEALAND:

ESTIMATED TO BE BETWEEN

\$795 Million - \$1.4 Billion



*Source: Economic Effects of Hearing Loss, NZIER Report to New Zealand Hearing Industry Association, 2020.

A Solution to the Crisis.

KEY OBJECTIVES OF A PUBLIC HEALTH PROGRAMME IN NEW ZEALAND.

The World Health Organization has outlined seven areas that nations must focus on to address this global hearing health crisis. NFDHH and members of the hearing sector are seeking to work with the New Zealand Government to deliver on the following outcomes:

- Hearing Screening and Intervention**
 Objective: To ensure the timely detection of and interventions for hearing loss in those most at risk.
- Ear Disease Prevention and Management**
 Objective: To prevent and treat ear diseases at the earliest possible stage to avoid associated hearing loss and other complications.
- Access to Technologies**
 Objective: To improve access to hearing aids, cochlear implants or hearing assistive technologies and related services to all those in need.
- Rehabilitation Services**
 Objective: To optimise functioning in people with hearing loss through auditory and communication rehabilitation services.
- Improved Communication**
 Objective: To facilitate participation in all activities relevant to people with hearing loss.
- Noise Reduction**
 Objective: To ensure that no individual faces the risk of hearing loss due to loud sounds.
- Greater Community Engagement**
 Objective: To change behaviours and attitudes towards hearing loss and its causes.

We cannot afford to wait. The time to act is now.

There are grave consequences for the wellbeing of our communities, our society and our economy if we do nothing to address this urgent gap in hearing healthcare. "We must integrate people-centred hearing health care... the cost of doing nothing is one we cannot afford." Dr Chadha.

Find out more: www.nfd.org.nz/world-report-on-hearing



Raising Awareness in our Schools

In June, our Youth Advisory Group came together from across New Zealand, to film some very special videos that promote hearing health and raise awareness for kids with hearing loss.

Despite a very early start to the day, everyone was in good spirits as we piled into the car and headed off to our shoot location. For the Youth Advisors (YAG), this was their first time meeting in person, and for some, their first time being filmed on camera. We chat to three of our Youth Advisors, Eleanor, Gaby and Hope about the shoot day, and the important message behind these videos.

Q: Kia ora ladies! Thank you for being part of such an awesome shoot. What was the highlight for you on the day?

Eleanor: The shoot was really fun! I was super nervous about being on camera and I had moments where I felt anxious, but the team were all great and made me feel comfortable and confident. A real highlight for me was meeting all the NFDHH staff and the other YAG members in person. It has been great getting to know them over zoom the last few months, but being able to give and receive hugs and be face-to-face with everyone made me feel a lot more connected.

Gaby: I really enjoyed getting to meet the other members of the YAG, as well as working together to make the videos. One of the highlights of the day for me was listening to each other's experience of being Deaf and how we felt about it.

Q: It sounds like meeting the other YAG members was a real highlight! It was lovely to hear you all giving advice and discussing your shared experiences of being Deaf and hard of hearing. Could you tell us why raising awareness in schools is so important?

Gaby: I believe it is important to raise awareness so future Deaf and hard of hearing students in mainstream schools will have less discrimination and struggles to listen in the classroom and in the general school environment.

Hope: Awareness in schools is crucial to early diagnosis, the prevention of further hearing damage and for mutual understanding between Deaf and hearing students. Being aware of Deaf students reduces the chances of bullying and misunderstandings as it teaches students how deafness works and how best to communicate with Deaf and hard of hearing people.

95% of Deaf children are born to hearing parents - if these parents are aware of the Deaf community and NZSL, their children are more likely to be raised in this environment. I have often felt like I was stuck between the Deaf and

hearing worlds, as I didn't learn NZSL at a young age. I want to break this cycle.

Q: Thank you Gaby and Hope. There are so many reasons why we should be raising awareness for the experiences of Deaf and hard of hearing students! Finally, why is young peoples' hearing health so important to you?

Eleanor: For me personally, my major struggle is having Auditory Processing Disorder (APD). Before my diagnosis, I would often listen to music and watch videos at high volumes to try and compensate, without realising the long-term impacts. So, as well as APD, I have very minor high-frequency hearing loss, due to listening at these high volumes for long periods of time.

It is critical for young Kiwis to be informed about how to best take care of their hearing health as many types of hearing

loss are preventable. I don't want any other young person to suffer permanent hearing loss due to preventable causes as I have.

Hope: Teaching young Kiwis to look after their hearing is incredibly important to me because it reduces the chance of them living in a world where they are unable to communicate clearly using sound. I have found it very difficult being a Deaf teenager in high school and have been treated unfairly because of it. I want to prevent other people from going through these experiences.

The videos featuring the Youth Advisory Members provide Deaf and hard of hearing awareness tips and advice on how to Make Listening Safe for secondary school students and are available online.

To view these great videos, go to: www.nfd.org.nz/our-work-in-schools



Transforming Workplaces

The team at Heartland - celebrating becoming fully accredited.

Creating more inclusive workplace environments for Deaf and hard of hearing employees and customers, where hearing health is also front of mind.

As the first workplace to become fully hearing accredited, Heartland's Keira Billot, Chief People & Culture Officer, was excited to share about how their organisation has focused on removing barriers for Deaf and hard of hearing staff and customers.

"Heartland is committed to fostering a workplace where all people feel welcome and able to bring their whole self to work. Through working with the National Foundation for the Deaf

and Hard of Hearing, Heartland aims to begin breaking down any communication barriers within the organisation and with customers," says Keira Billot.

Treescape has also recently received its full accreditation. As a green asset management organisation, noise safety and inclusivity for their staff has been a key focus.

"Treescape is dedicated to working alongside NFDHH in the future to ensure that we are

inclusive of employees who are Deaf and hard of hearing and to minimise the risk of hearing loss for our current employees," says Patrick Crofskey, Chief People & Safety Officer.

Over 300,000 working-age New Zealanders are Deaf or hard of hearing. This is nearly 10% of the population. For this reason, inclusivity and accessibility for those with hearing loss are integral to ensuring an organisation is performing at its best to engage staff and customers.

At Heartland the following proactive steps have been taken:

Heartland established a Hearing Committee to identify areas that needed change. They held workshops and free hearing screenings for employees in conjunction with NFDHH. This proved successful in raising awareness among the team about how hearing can be lost, as well as the importance of having annual hearing checks.

Relevant Heartland employees have been trained to be aware of the needs of Deaf and hard of hearing customers. For example: communicating via the NZ Relay Services; offering face-to-face meetings in quiet rooms; asking if assistance is required to interpret the conversation.

Heartland also has a Customer Support Flag that can be activated if a customer informs the team that they are Deaf or hard of hearing. Meaning, they will not have to explain their needs each time they contact the bank.

Within Heartland's recruitment space, the team has completed

online training to ensure all processes are equitable for people who are Deaf or hard of hearing.

Heartland continues to hold Deaf Culture and NZSL workshops to ensure team members have opportunities to brush up on their practical communication skills.



Treescape celebrating becoming fully accredited.

At Treescape the following proactive steps have been taken:

Treescape has updated its emergency evacuation plan to ensure staff and visitors are evacuated safely, even if they are unable to hear the alarm.

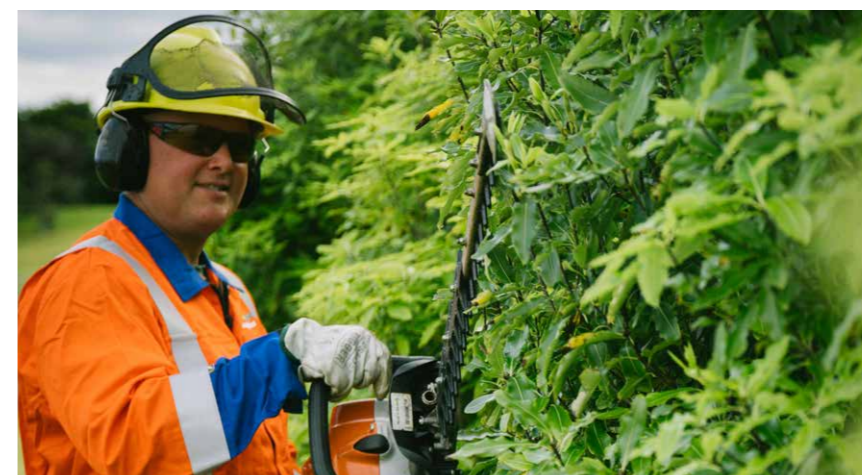
The team communicate using Microsoft Teams with captioning to ensure those who are Deaf or hard of hearing can fully participate in meetings.

Regular hearing checks are made available to all staff to monitor hearing health and raise awareness about the warning signs of hearing loss.

To improve safety in the field Treescape employees have been fitted with 3M fit test helmets and have been trained to use hand signals to communicate between ground staff and arborists.

Treescape will also be purchasing more electric chainsaws, which are quieter than their fuel-powered counterparts, further protecting their employees' hearing.

“ Becoming a Hearing Accredited Workplace has helped us to make hearing awareness a greater part of our everyday conversation. Keira Billot, Heartland. ”



Triton Hearing

ELIMINATING BARRIERS TO BETTER HEARING

By leveraging the latest innovations in technology, Triton Hearing is breaking down barriers to better hearing and increasing access to hearing health services. Triton delivers accessible hearing health solutions for all New Zealanders by taking remote services to communities around the country. As well as bringing an entirely new way of understanding hearing health to our biggest city. Both are world firsts!

In 2017, Triton Hearing was the first hearing health provider in the world to launch teleaudiology services, connecting people throughout New Zealand with leading audiologists through high-quality remote services, using the latest HD screens and digital equipment.

Meeting New Zealand audiology best practice and international standards of service delivery and equipment, as well as the requirements for Government funding, the teleaudiology service has revolutionised hearing health care in New Zealand, especially during the disruptions caused by COVID-19.

To provide access for more people, Triton also took the service on the road, with Te Waka Āwhina or Penelope – a striking 1949 Bedford Bus-turned-Mobile Hearing Clinic. Te Waka Āwhina is fitted out with state-of-the-art diagnostic hearing equipment and operates as a full-service Triton TeleAudiology clinic. This has allowed Triton Hearing to be able to offer another world first: to assess and fit clients with hearing aids remotely, on the same day. The service has been able to provide clients with nationwide support, through marae visits, innovation, community days and attendance at a wide range of events across the country.

This year, Triton Hearing has also introduced an entirely new innovation, designed to make it easier for people to experience the latest hearing technology in a unique environment. With no appointment required, people can visit The World of



Hearing store in Auckland to check their own hearing. They can use the interactive touch screens to learn about the latest innovations in hearing

technology or chat to Triton Hearing's expert audiology team about complex hearing challenges, such as tinnitus or noise-induced hearing loss.

Triton Hearing's nationwide network of over 70 clinics offers free hearing tests and a free no-obligation 10-day trial. This makes it easy for New Zealanders to access top-quality service, products and honest advice on the best hearing solutions available.



Deaf Stories IN THE MEDIA

Over the last year, we have seen a historic high of people with disabilities represented in the media (including Deaf and hard of hearing). With 8% of leading characters in family films having a disability, according to the 'See Jane' report 2020. This has helped to highlight the experiences of the Deaf community and provide much-needed representation for the millions of Deaf and hard of hearing people worldwide.

Seeing people like yourself on screen is essential to fostering a sense of belonging and social wellbeing. However, when characters lack depth or dimension, they can potentially have a negative impact. Stereotypes, that focus on people who are "overcoming" their disability (22% of characters depicted in film) or having overcome their "suffering" due to their disability (10% of characters depicted in film) continue to be shown as dominant disability narratives in the media - See Jane report, 2020.

Fortunately, there have been some outstanding and exciting exceptions that have recently been produced. *Sound of Metal*, *Deaf U*, and *Audible* provide insights into the Deaf or hard of hearing experience in both sensitive and original ways.

The Sound of Metal

Amazon Prime



In this film, heavy metal drummer Ruben faces the rapid decline of his hearing and is forced to give up his career and life ambitions. As a former addict with little emotional support, other than his band-mate and girlfriend Lou, Ruben makes the journey across states to stay at a rehab house situated in a small community for the Deaf. Aided by the clever use of sound effects, the audience experiences Ruben's grief and his growing realisation that Deafness isn't in fact a tragedy. Nor is it something that necessarily needs to be cured or fixed. It is an unconventional story of transformation and acceptance.

Deaf U

Netflix



In a completely different vein, *Deaf U* lifts the veil on the Deaf community, showing the viewer that Deaf college students are just typical students. The docu-soap immerses the audience into American Sign Language as it follows the lives of Deaf students at Gallaudet University. It focuses on their relationships, parties, love-lives, and coming of age. As a viewer, you are privy to the complicated nuances within the Deaf community, particularly between those who choose to use hearing devices (such as cochlear implants) and those that only communicate via sign language. *Deaf U* seeks to express a myriad of Deaf narratives and paints a fuller picture of what it means to be young and Deaf.

Audible

Netflix



This evocative documentary explores themes of growing up and preparing for adult life in the hearing world. It follows Deaf football player, Amaree McKenstry and his friends, as they prepare for the biggest high school football match of the season. At the same time, they must deal with the suicide of their friend Teddy. The film packs a lot into 38 minutes, covering isolation, suicide, Deaf culture, and broken families. As Amaree is the only member of his family who is Deaf, *Audible* also offers insight into his two worlds – the hearing and the Deaf. Like *Sound of Metal*, *Audible* uses audio effects to give viewers an insight into Amaree's unique experience of sound and language.

Support Hearing Screening

IN OUR SCHOOLS



Today, 1 in 5 young people have a hearing loss globally. A further one billion young people are currently at risk of preventable hearing loss.

The culprit? Our increasingly noisy lifestyles.

Many young people are unaware they have done permanent damage to their hearing until it is too late. A major factor is increased exposure to recreational noise, such as listening to personal devices through headphones or earbuds.

To find out what was happening to young peoples' hearing in New Zealand, NFDHH has launched a pilot Hearing Screening Programme in secondary schools. Over the last two and a half years, NFDHH has screened the hearing of close to 3,000 students.

What we have found is alarming.

Levels of youth hearing loss are skyrocketing at an unprecedented rate. The most recent data indicates that up to 24% of students screened received an abnormal screening result. Furthermore, of the students who went on to have a full hearing assessment, 62% had a confirmed bilateral hearing loss, and 47% were diagnosed with moderate to severe hearing loss.

During the screenings, we also enquired about kids' listening habits. What we found was that 19% of kids were listening to music via headphones for over one hour per day at max volume. At this level (110 dB+) children can start to do permanent damage to their ears after just 1.5 minutes. 30% of children also reported experiencing ringing in the ears, a potential sign of hearing loss. Sadly, many kids are simply not aware of the damage they are doing until it is too late.

We need more screening at key life stages.

While government-funded national screening provides hearing tests to newborns and preschoolers, the screening NFDHH has undertaken in secondary schools shows a real need to provide

hearing tests at more life stages. Hearing loss has far-reaching and lifelong impacts on a person's life from their emotional wellbeing and long-term health to education and future employment outcomes. Access to timely diagnosis, support and treatment are essential at all life stages. Never is this truer than for 13-14 year-olds as they start their secondary school education.

Hearing loss isn't always obvious to a parent or teacher. For many children, hearing loss can look like struggling to pay attention in class, a slower learning pace, or delayed speech development.

As part of the work NFDHH do in schools, we also provide information to children and families on how to Make Listening Safe and look after hearing health. We also provide information about how to support students who have hearing loss in the school environment. This ensures young people are educated about the risks and know how to look after their fragile hearing. As well as, how to be inclusive of those around them who are Deaf or hard of hearing.



SUPPORT A SCHOOL IN 2022



24% of young people screened in 2021 received an abnormal hearing result.

62% of students referred for a full hearing test had a confirmed bilateral hearing loss.

47% of students referred were diagnosed with moderate to severe hearing loss.

19% of students reported frequently listening to music at max volume.

By supporting our work in schools,
you'll be helping us to bring Hearing Screening to

42 schools
across New Zealand in 2022.

Make a real difference to the hearing health of young Kiwis through screening, treatment and education. NFDHH does not receive government funding. Our work is made possible thanks to our supporters' generosity.

Donate now at www.nfd.org.nz/give



Riding the wave

WITH TARRYN-ANN

Tarryn-Ann was studying to become a teacher in India when her life changed forever. Out of the blue, she contracted an illness that led to extensive damage to her hearing.

“I started having these episodes where I was dizzy and I was feeling faint, and then I’d get Tinnitus. Over time, I realised I wasn’t keeping up with what everyone was saying or understanding much,” says Tarryn-Ann.

After a drawn-out and often frustrating time navigating the healthcare system, 22-year-old Tarryn-Ann was finally diagnosed with an auto-immune disorder, which caused permanent mixed hearing loss.

Her part-time job at a call centre was not possible with her new disability, so she handed in her resignation. Tarryn-Ann now had a new financial challenge ahead of her as she grappled with how she would be able to afford hearing aids.

“I didn’t know if, by the time I got hearing aids, I would even have any hearing.”

Despite the challenges, Tarryn-Ann persevered, learning how important it is to “just ride the wave”. One of these instances was discovering she would have to teach Outdoor Education, which required some out of the box thinking.

“When I realised, I would be teaching surfing, I thought...I can’t hear in the ocean. What am I going to do with 36 children, where I cannot talk to them?”

“So, as I started teaching lessons in my placement, I signed the instructions as well as saying them. I wasn’t teaching in NZSL, I was just doing it naturally as part of my instruction.”

“When I was surfing, I would be signing to them [the students], and they would know exactly what I was saying. I realised this makes me a better Outdoor Ed

teacher, for everybody. Not just for Outdoor Education, but for life beyond school.”

“I’m teaching that people who are hearing impaired or Deaf can be in leadership, and I’m teaching them that New Zealand Sign Language is normal communication.”

Tarryn-Ann advises anyone starting their hearing loss journey to remember it is essential to connect.

“I think hearing loss works by taking away connections, but when you connect with other people you take that back.”

“When I was 22, and I didn’t know anybody [with a hearing loss]... you’re brain tells you that no-one else can know what you’re going through. That’s not at all true. There’s a whole world of people in New Zealand who know what you’re going through.”

Fighting the good fight

WITH ADRIAN



“I had to do something for myself.”



Adrian’s hearing loss journey began at just five years old after his parents noticed how high he turned up the volume on the TV.

“My parents took me to an ear specialist, who diagnosed me with hearing loss. I was given hearing aids which did help, but as I aged, my hearing just kept getting worse.

By the age of 17, my last year of high school, my hearing loss went from 75% to 91%, so I couldn’t hear speech properly, even face-to-face.

I had to lipread about 80% of the time. The sound I could hear just helped me to work out where the noise was coming from and who was talking.”

High school was a particularly tough experience for Adrian. Not only was his hearing loss getting progressively worse, he also was being bullied by his peers.

“I will say the entirety of high school from year 7 to year 13 was just... it was really tough.”

In year 10, Adrian stood up to one of the high school bullies, helping him to regain confidence and protect others. But throughout school, Adrian’s hearing loss was still incredibly isolating.

“It sucked because it was that time where everyone was turning 18, meeting girls, going out with friends,

just starting to drive and I was like, “Yeah, I can’t hear, I’ll just stay home.” Not being invited to stuff was hard too.

That’s when I started the [MMA] training. I had to do something for myself.”

Around this time, Adrian also underwent surgery to get a cochlear implant. Despite the first year after the surgery being challenging, Adrian’s newfound love of MMA played a significant part in helping him through it.

At 27, Adrian now has his eyes set on the Deaf jiu-jitsu world championships. He trains at Oliver MMA, where he feels accepted and included.

“They just understand – it’s really nice. If it was a different club, maybe I would not be doing it anymore... but I am surrounded by good people who understand what is going on.”

“I love it. I can’t stop.”

SHARE YOUR STORY

Inspire others and show your support for the Deaf and hard of hearing community.

Contact Hannah at hannah.davey@nfd.org.nz

FIND MORE STORIES AT www.nfd.org.nz

ALISON

ARGUES FOR ACCESSIBILITY TO HEARING TECHNOLOGY

Alison Winstanley was diagnosed profoundly Deaf before the age of two. She received her first cochlear implant when she was just 19-months-old and her second before starting school. Alison reflects on how her cochlear implants have had a positive impact on her social wellbeing and education. She is passionate about equal opportunities for people with disabilities and wishes to advocate for better access to technology and medical treatment.

Alison's parents first suspected her hearing was abnormal when they took her to a musical show and noticed that she didn't react to the loud cymbals.

"My father found it rather curious, and after setting off an alarm clock next to my head in an attempt to stir a reaction, decided my hearing should be checked," she candidly reveals.

Alison had her right cochlear implant inserted and the processor fitted soon after. Her left one was fitted just before she turned five. Intensive listening and spoken language therapy provided by The Hearing House taught her how to decipher sounds. This groundwork prepared her for school and independence alongside her hearing peers.

Because her cochlear implants were fitted when she was so young, Alison regards them as totally normal, and rarely feels any different to anyone else.

"I was at the same school from when I was five until I was about 15. Because everyone knew [I had cochlear implants] they didn't ask about them. When I changed schools, I realised people could see my implants. They were curious and tended to ask what they were."

"I have never liked being seen as different. I tend to wear my hair down, not because I'm embarrassed but more just that I don't want to be treated differently. I feel fortunate to have cochlear implants. I would not be able to have the life that I do if it wasn't for them."

Invented by Professor Graeme Clark over 40 years ago, the multi-channel cochlear implant is an electronic medical device that replaces the function of the damaged inner ear and partially restores hearing. Unlike hearing aids, which amplify sound, cochlear implants bypass the damaged parts of the inner ear to stimulate the auditory nerve, enabling your brain to receive and interpret sound.

Alison is considering specialising in medical law, to help other people with a disability to have the same access as their peers, including eligibility for cochlear implants.

"My father found it rather curious, and after setting off an alarm clock next to my head in an attempt to stir a reaction, decided my hearing should be checked."



The 19-year-old student from Auckland is currently studying at Victoria University in Wellington.

"I would quite like to be able to advocate for others. Had I not received cochlear implants my life would be very different. I would strongly encourage anyone considering getting one to do so," she says.

"I've found out so many things that I have access to that I didn't realise I could. It can be hard when you don't understand legal systems and processes, knowing what you have access to and how to navigate through it all."

Alison is extremely grateful that her cochlear implants have enabled her to access sound and to live a varied and fulfilling life. This has included national public speaking, debating competitions and fundraising.

"I don't know a life without sound. I am able to participate fully alongside my hearing peers. I am able to do pretty much everything they can. You'd never know I was profoundly Deaf in both ears," she says.

Cochlear implants may not be the chosen or preferred solution for everyone. For Alison, who has embraced this technology, cochlear implants have enabled her to enter the hearing world.

"My life is certainly very different compared to what it might have been without cochlear implants and the access to sound they provide.

She appreciates the opportunities her cochlear implants have enabled her to realise.



Alison at age five.

"I engage daily with the hearing world in my studies at law school. I live in a flat with friends, have a couple of part-time jobs, enjoy going to social events and engaging in University life. Cochlear implants have completely transformed my life, allowing me to enter the hearing world and participate fully with the world around me."

ABOUT COCHLEAR IMPLANTS IN NEW ZEALAND:

Although cochlear implants were invented by Professor Graeme Clark over 40 years ago, and have transformed the lives of more than 600,000 people globally, less than five per cent of adults who could benefit from a cochlear implant have one.

In the last budget announcement, the Government pledged an additional \$28m over the next four years for adult cochlear implants. The Wellbeing Budget 2021 means 320 more people will receive the implants by 2025.

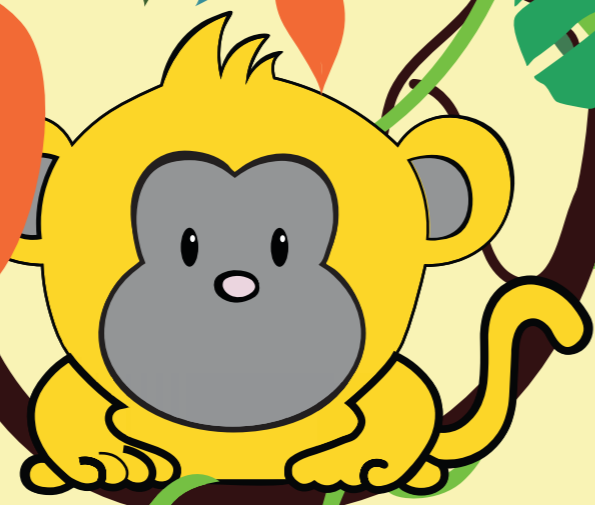
In February there were 269 people on waiting lists for the life-changing procedure, with those numbers expected to grow by 40 per cent this year.

To find out whether a cochlear implant could help you, contact the Northern Cochlear Implant Programme (NCIP) which covers Northland, Auckland, Waikato, Bay of Plenty, Rotorua and Taupō or the Southern Cochlear Implant Programme (SCIP) which covers the rest of New Zealand.

Please seek advice from your medical practitioner or health professional about treatments for hearing loss.

Find out more:
NCIP: www.ncip.org.nz
SCIP: www.scip.co.nz

COMING
SOON!



Sound Monkey

HELP MAKE LISTENING SAFE FOR KIDS

After two years of development, the Sound Monkey is ready for release this summer!

The Sound Monkey is a new device designed for pre-school environments. It enables teachers to monitor sound and educate our little ones on safe sound levels.

It indicates when sound levels are harmful - using a simple traffic light system featured in the Monkey's mouth: Green grin for safe sound; orange mouth for caution; and red for too loud.

Kids can also refer to the Sound Monkey app to see how well they've stayed on top of harmful sound throughout the day.

Ensure little ones' ears are safe by donating to the Sound Monkey Programme. Your donation will enable NFDHH to provide Sound Monkeys to pre-schools and kindergartens nationwide.



**CHILDRENS' EARS ARE FRAGILE
YOU CAN HELP TO LOOK AFTER THEM!**

Learn more about how to donate a Sound Monkey to your nearest pre-school or kindergarten or how to pre-order one today: www.nfd.org.nz/sound-monkey

HOW ONE WOMAN'S BEQUEST WAS THE START OF SOMETHING BIG

Today, the NFDHH Hearing Aid Fund offers grants to hard of hearing Kiwis who need hearing aids. While funding for this programme now comes from a range of sources, it was originally seeded by a bequest. This gift established an ongoing legacy that continues to this day.

Glenn is a recipient of the NFDHH Hearing Aid Fund. Despite living with hearing loss his whole life, Glenn "just put up with it" due to the high cost of hearing aids.



When he lost his job due to Covid-19, Glenn ran out of excuses. His hearing was getting worse with age, which made finding a new job that much more difficult.

That's when he came across the NFDHH Hearing Aid Fund, which paired with Jobseeker funding, enabled him to finally get the aids he had needed his whole life.

"Once I had been fitted I was like a 55-year-old newborn, there were so many sounds to learn! Instead of "what" being my every second word, I could understand what people were saying..."

Glenn's family no longer had to raise their voices to communicate with him, and social gatherings became enjoyable rather than exhausting.

"I am no longer excluded from conversations, no longer uncomfortable and hiding at gatherings or unable to participate because I couldn't hear..."

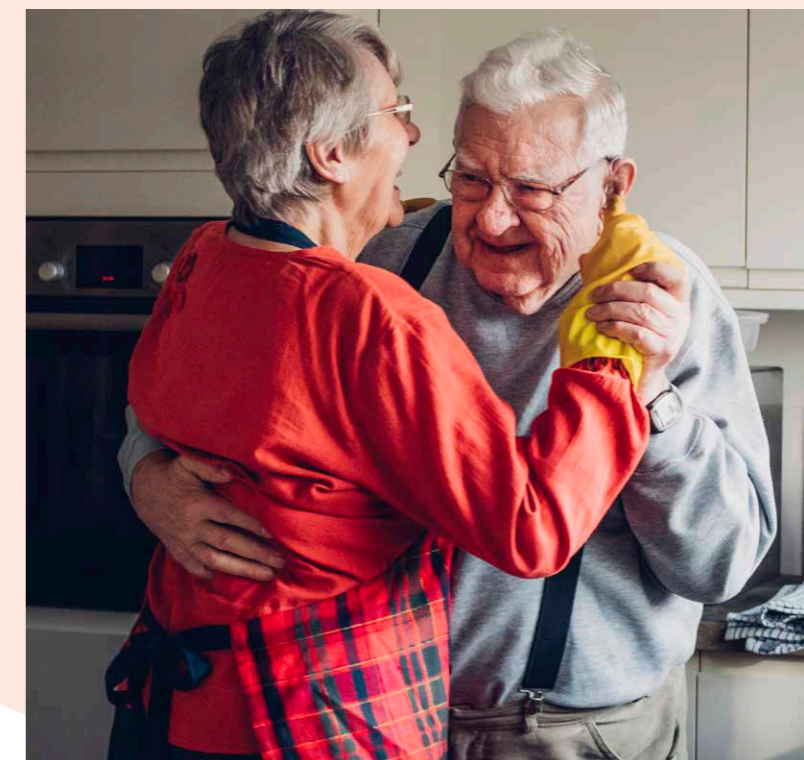
"It really is life-changing. People around me have noticed that I am happier and more social."

The NFDHH Hearing Aid Fund has made a world of difference to many hard of hearing Kiwis who desperately needed financial support to access hearing aids. Without this incredible bequest, this programme would not exist.

LEAVE A LASTING LEGACY TODAY, TO MAKE A DIFFERENCE TOMORROW.

As you can see, a gift in your Will lives beyond your lifetime and helps to ensure that New Zealanders who are Deaf or hard of hearing have ongoing access to support. It also helps to ensure the Foundation's long-term sustainability – even a small gift can make a big difference.

To discuss in confidence how you can leave a lasting legacy to the National Foundation for Deaf and Hard of Hearing, contact our Donor Relations Manager, Lisa Talbot:
Phone: +64 9 307 2922
Email: lisa.talbot@nfd.org.nz





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"Now that I've got a hearing aid, oh, my goodness, where do I start? The most positive is I can hear clearly. I can hear concisely." - **Marianne, a Bay Audiology client**



Bay Audiology offer hearing aids from **\$450 with the Government subsidy**. Contact us to start your journey to better hearing today.

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New Zealand citizens and permanent residents aged 16 years and over are entitled to the Government subsidy of \$1022.22 toward a pair of hearing aids, or up to \$511.11 towards a single hearing aid, once every six years.



Meet our Donor Relations Team

Our 12-person Donor Relations Team are passionate advocates for the Deaf and hard of hearing community.

We spoke with Sarah and Smruti about what motivates them to work for NFDHH, and about memorable moments with our donor community.

"I have been working with the Foundation for the past year and a half. My mom had a bad fall after experiencing vertigo three years ago. As a consequence, she lost 40% of her hearing in both her ears.

I have seen her life turn upside down post-hearing loss. She lost all her confidence; stopped socialising in her usual circles and wasn't able to do her everyday chores to her usual ability. Hearing aids did help her but only to a certain extent.

After this incident, I realised how much hearing loss can really affect a person. It motivated me to take this job. I want to help anyone who is suffering from hearing loss in every possible way." - Smruti.

"What motivates me to work at NFDHH are the donors. When I'm talking to our supporters, I often find out that they are affected by Deafness in some way. When they share with me their stories and struggles, it motivates me and makes me want to do more for people affected by hearing loss.

I love being part of that process and part of a team of great people. I believe that we are a voice for the Deaf and hard of hearing community, advocating for their needs." - Sarah.



CUSTOM MUGS by the 3 Sidekicks

Mya (12), Miki (12), and Olivia (10) are the 3sidekicks. The trio design custom mugs to help raise money for charity. They chose NFDHH because Mya and Miki's Grandad is Deaf.

Although they are not yet teenagers, the girls have done an incredible job raising over \$800 for people that are Deaf and hard of hearing!

That's because \$5 from every purchase goes straight to the NFDHH.

If you are interested in purchasing a mug, check out their great designs at www.3sidekicks.co.nz

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We will get in touch to arrange your free Naída™ P-UP trial with a partner clinic.

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YOU CAN MAKE A DIFFERENCE



When you partner with NFDHH and become a Hearing Hero, you are making a tangible change in the lives of Kiwis who are Deaf or hard of hearing.

42 in
New Zealand
Schools **2022**

With your help, we can deliver Hearing Screening to 42 schools across New Zealand.

Ensure young Kiwis receive the early diagnosis, support and treatment they need in 2022.

Make a valuable contribution to the hearing health of young New Zealanders by making a monthly gift to our important work in schools, from just \$5 a month.

MAKE A DIFFERENCE EVERY MONTH BY BECOMING A HEARO.

www.nfd.org.nz/regular-giving