



# Hearing

## Conversation With Your Friend

Presbycusis is an age-related hearing disorder that gradually affects the ability to hear high-frequency sounds and understand speech, often making communication more difficult over time. It is the most common cause of age-related hearing loss and can affect separate parts of the ear depending on the type. While it can make communication more difficult, assistive devices, such as hearing aids or cochlear implants, can be used to improve hearing and quality of life. In this simulation, you will experience a conversation with a friend who is sharing events that happened in her day. You will hear six scenarios: one with no hearing loss, four with different types of presbycusis (sensory, neural, metabolic, and mechanical), and one where the person is using cochlear implants. After each scenario, you will be asked questions about what she was saying. Your task is to listen attentively and answer the questions based on the information while keeping in mind the potential challenges caused by hearing loss. Answer them as best as you can!

## Materials

- Electronic device to listen to audio (computer, phone, or tablet)
- Headphones
- A quiet space
- Something to write with (pen, pencil, or marker)
- Something to write on (paper, tablet)
- A table or flat surface

## Procedure

1. Complete the Introduction Video if you have not done so.
2. Find a quiet space.
3. Gather all materials and place them on a flat surface.
4. Connect and put on your headphones.
5. Set the volume of your device to 50%. This will simulate normal hearing.
6. Play the simulation audio and follow the given instructions.
7. Write down your answers while the video plays.
8. **Do not** pause or rewind the video during the simulation.
9. **Do not** change the audio volume during the simulation.
10. Reflect on your experience through the Reflection Questions



### Reflection Questions

1. How do you think developing presbycusis would alter your interactions in daily life? Think about how it would affect your ability to work, socialize, or participate in hobbies, how would you adapt?
2. In settings where understanding your friends and family in social settings became increasingly difficult due to hearing loss, how would you manage your frustration or feelings of isolation? What strategies might you use to stay patient with yourself so that you don't feel disconnected or overwhelmed?
3. How has this simulation influenced your perspective on the challenges older adults with presbycusis face and how will you change the way you treat them or show more empathy to those with hearing impairments?