



## Hearing

### Charlotte's Creative Cartoons

In this simulation, you will hear a form of tinnitus. Tinnitus is a common age-related hearing problem. A person with tinnitus may hear a constant: ringing, buzzing, whistling, or roaring. Often, only the person with tinnitus can hear the sound (6). Thirty-seven percent of Canadian adults have experienced tinnitus in the past year (7). Unfortunately, tinnitus does not have a cure, making people diagnosed with it feel hopeless (6). In this simulation, you will hear the voice of your granddaughter Charlotte. She will tell you how to draw a cartoon, and while you draw, you will listen to a ringing sound. The ringing sound simulates tinnitus.

### Materials

- A quiet space
- A piece of paper to draw the cartoon on
- Something to draw with (pen, pencil, or marker) to draw the cartoon
- An electronic device (computer, phone, or tablet) to listen to the activity audio
- A table or flat surface to put the paper on
- Headphones to listen to the activity audio

### Procedure

1. Complete the precursor simulations if you have not already done so.
2. Go to a quiet space
3. Place your paper, something to draw with, and an electronic device on the table.
4. Put on your headphones
5. Connect your headphones to your electronic device.
6. Turn the volume of your electronic device to between *50-60 percent*. This will simulate normal hearing and protect your ears.
7. Click 'play' on the simulation activity audio below
8. Follow the audio to draw the cartoon
9. **Do not** pause or rewind the audio during the activity
10. **Do not** change the audio volume during the activity

### Reflection Questions

1. How would you feel if you had to listen to this ringing noise every day?
2. What would you do to handle hearing this sound all the time?
3. How would you describe your tinnitus to someone so that they would take your condition seriously?