



## Hearing

### What's for Lunch?

In this simulation, you will hear different degrees of presbycusis, an age-related hearing loss. Presbycusis is the most common cause of hearing loss in older adults around the world (11). Different types of presbycusis affect separate parts of the ear (1). Persons with hearing loss can find it hard to follow along and participate in a conversation. Assistive devices, such as hearing aids or cochlear implants, can be used to help (12). In this simulation, you will be making a sandwich for your granddaughter Haley. First, Haley will tell you what she wants in her sandwich. Then, you will write down what she asks for. During this conversation, you will move through the stages of presbycusis. You will also experience how much assistive devices help correct or bring back hearing that was lost. In the end, you will find out if you heard Haley correctly, by checking if you made her sandwich with the right items.

### Materials

- A quiet space
- A piece of paper to write on
- A table or flat surface to put the paper on
- Something to write with (pen, pencil, or marker), to write the ingredients
- An electronic device (computer, phone, or tablet), to listen to the activity audio
- 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 write with, and electronic device on the table.
4. Put on your headphones.
5. Connect headphones to your electronic device.
6. Turn the volume of your electronic device to between 50-60 percent to simulate normal hearing and protect your ears.
7. Click 'play' on the simulation activity video.
8. Write down your answers while the video plays.
9. **Do not** pause or rewind the video during the simulation.
10. **Do not** change the audio volume during the simulation.

### Reflection Questions

1. If you started to lose your hearing, what day-to-day activities would be hard to do?
2. You are starting to feel like your friends and family leave you out of plans because of your hearing loss. What would you do about this?
3. How can you help an older adult in your life feel supported if they start to lose their hearing?