



1. Get a hearing evaluation

Be evaluated by a professional like an Audiologist. Get a copy of your audiogram, a report on the functional impact of hearing loss (social, emotional, employment, etc.) and recommendations on how to manage it in terms of hearing devices and assistive listening devices, therapy, access and reasonable accommodation. Find an audiologist in your area, visit: www.sashla.co.za or www.audiologysa.co.za .



2. Know what degree of loss you experience

For example: slight, mild, moderate, moderately to severe, severe, profound hearing loss and / or total deafness and / or unilateral. Ask your audiologist.



3. Understand the impact of your hearing loss

For example: Struggles with speech at distance or from behind / May struggle with telephone conversations / Easily fatigued due to listening effort required. Ask your Audiologist.



4. Understand how it can be managed

Reasonable accommodations (as recommended by an Audiologist in consultation with a disability rights expert in the field of hearing loss), for example: you may need favourable seating during a presentation in places of worship, lectures, classrooms, at conferences and the support of applicable assistive devices, good acoustics, etc. For more information on assistive devices and good acoustics please contact Fanie du Toit at faniedt@ncpd.org.za or michele@ncpd.org.za



5. Learn more about your human rights

Your rights are protected in line with the White Paper on the Rights of Persons with Disabilities.

Contact the NCPD: _____

Fanie du Toit: faniedt@ncpd.org.za

Tel: 011 452 2774 | Andries Pretorius Rd, Edenvale, Johannesburg, 1609

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