



WELCOME TO YOUR



CARE PACKAGE



NATIONAL FOUNDATION FOR
Deaf & Hard of Hearing

#ImHearForYou



CARING FOR YOU

Living with hearing loss can be challenging and often isolating. That's why we're reaching out today to let you know you are not alone.

This care package has been sent to you because someone in the NFDHH community wanted to say #ImHearForYou!

It is filled with tips on wellbeing, how to find community and support, as well as an overview of the essential services that are available to you.

WHAT'S IN THIS CARE PACKAGE?

#BeConnected

- Join our community
- Tools to Stay Connected
- Communication Strategies

#BeCurious

- Learn NZSL
- Try out a cooking or craft class in NZSL

#BeKindToYourself

- Key Areas of Wellbeing

#BeWell

- Time for a new routine
- Create your own weekly activity calendar

#BeSupported

- Need to talk?
- Free Support Services

- HEARING AID BATTERIES

- HEARING AID FUND



Being visible.
Being connected.
Being me.

BE CONNECTED

Humans are social beings and without connection, our sense of wellbeing suffers. That's why it's so important to make an effort to stay connected.

NFDHH is all about bringing people together. Here are some handy tips on how to connect with your community, friends, and family.



JOIN THE NFDHH COMMUNITY

Connecting with your community is an incredibly powerful way to find meaningful support from people who are facing similar challenges.

Our online community page is where we share information, wisdom, humour, and kindness to help keep our spirits up.

Join our online community on Facebook:
www.facebook.com/NFDHCH



TOOLS TO STAY CONNECTED

There are now so many ways to stay in touch thanks to the internet. However, online communication isn't always so straightforward if you are Deaf or hard of hearing.

Here are three services that can help to keep you connected.



ZOOM GROUP CALLS

Zoom is a video conferencing app you can use to call friends or family to have a group catch up. As part of their free package, they offer up to 40 mins of talking time.

Here are a few hearing loss aware tips to keep the conversation going online:

- Allocate someone to type captions.
- Ask that only one person speaks at a time.
- Avoid inviting too many people along.
- Use the chatbox for clarification if you're having trouble.
- Ask people to put mute on when they're not speaking to remove background noise.
- Remind people to check in, and make sure you're following the conversation.

Find out more: www.zoom.us



NZRELAY SERVICES

It is important to make the most of accessibility services.

NZ Relay provides relay services for Deaf and hard of hearing New Zealanders, so they can communicate on the phone and via video conferencing.

Options include text relay, internet relay, and phone relay.

They can also set you up with Cap-Tel, a service that provides captioning for your phone calls.

Find out more:
www.nzrelay.co.nz

Contact NZRelay directly:
TTY: 0800 4 713 713
Voice: 0800 4 715 715



WORKING FROM HOME?

You may want to consider captioning for video conferences with your team.

Automatic captioning services are getting better and better, and they are more essential than ever due to the increasing trend of staff working remotely from home.

AI Media provides captioning to those who need it. Their service enables video conferences and other media to be captioned in real-time, which provides essential access to the Deaf and hard of hearing community.

Find out more:
www.ai-live.com



HEARING LOSS AWARE COMMUNICATION TIPS

THE BUDDY CARD

A handy communication tool

The Buddy Card is a wallet-sized visual tool you can use to quickly explain your communication needs to others and to suggest tips for how to be more hearing loss aware. They are great for noisy environments, such as cafes or restaurants.

Please find your printable Buddy Card, at the end of this care package.



ARE THE PEOPLE IN YOUR LIFE HEARING LOSS AWARE?

We've created a poster that you can hang in your house to let those you live with know how to best communicate with you.

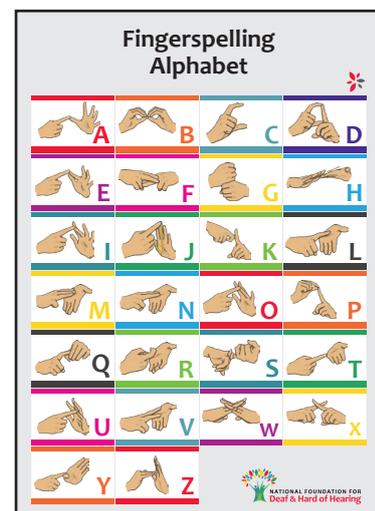
Use it as a constructive tool to start a conversation about what you need to keep the conversation going.



FINGERSPELLING POSTER

In this care package, you will also find a New Zealand Sign Language Fingerspelling poster.

You can use this as a visual reference to assist communication in your home or as a reminder if you are taking NZSL classes!



BE CURIOUS

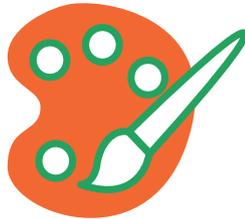
LEARN SOMETHING NEW

Look for classes or groups that are welcoming to beginners. The goal is to challenge yourself and start connecting with others. There are also many great online classes you can take.



CRAFT CLASSES IN NZSL

Unleash your creative side with Deaf Wellbeing Society's craft classes. They offer craft classes in NZSL. Lessons include painting, pottery, soap carving and macramé, and much more.



www.deafwellbeing.co.nz/art/

ATTEND AN NZSL CLASS ONLINE

Merge NZ offers both individual and group NZSL classes online. These live, 8-week NZSL courses are a great option for those in rural areas or those that can't make a face to face class. MySign courses are fully interactive.

All the benefits of attending a class - but from your own home! Beginners and Intermediate levels available.

www.mergenz.co.nz/mysign



LEARN BASIC NEW ZEALAND SIGN LANGUAGE

The NZSL Dictionary is a fantastic resource for getting a basic grasp of New Zealand Sign Language. Among many things, it includes:

- Quick guides on fingerspelling in NZSL
- Counting in NZSL
- Basic questions, such as how are you?

To learn this and more, go to:

www.nzsl.nz/

Sign of the day
Ice-Cream



COOKING CLASSES NZSL

Why not learn NZSL and learn to cook at the same time?

The Deaf Wellbeing Cooking Club offers the opportunity to learn new recipes, new techniques, and ultimately to make healthy and delicious meals – all while learning NZSL.

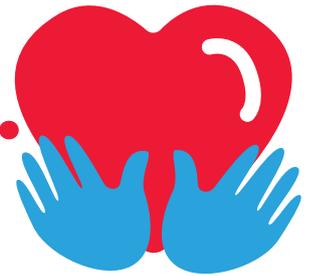
www.deafwellbeing.co.nz/recipe-categories/



BE KIND TO YOURSELF

It's important to look after yourself and be proactive about caring for your wellbeing.

By looking after your wellbeing, you can be ready for whatever comes your way. Even if you give yourself just 20 mins a day to focus on one of these areas, it will make a huge difference.



KEY AREAS OF WELLBEING

#BeConnected: Make a commitment to seek out connection. Why not make regular appointments with yourself to reach out to your friends, family and people in your community?

#BeWell: Set up a new routine. Get outside for fresh air at least once a day. Choose a type of exercise or activity that feels good for you and try to commit to it for least 10 minutes per day.

#BeKind: Sometimes caring for others can really help us to gain a sense of meaning and purpose. Take out time to be kind to those around you. Most importantly, be kind to yourself.

#BeCurious: Learn a new skill, join a class, or try a new hobby. Learning new things will help you to enjoy yourself more in the present moment.

#BeSupported: Asking for help is a courageous act. If you need someone to talk to, why not request a call from our team or reach out to your friends and family.

#Be Well
Time For a
New Routine

#Be Kind
To Yourself

**#Be
Connected**
Join Our
Community

**#Be
Supported**
Free
Counselling
Services

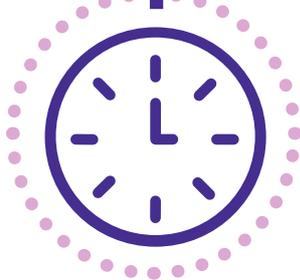
#BeCurious
Try Out an
NZSL class

BE WELL

TIME FOR A NEW ROUTINE?

Creating a daily routine, that works for you, can really help. It's never too late to make changes to the way you live.

Here are a few ideas to help you to keep a routine.



SCHEDULE MOVEMENT

Exercise can really help to break up your day and make you feel more alive.

If you want to exercise, you will need to decide when you want to do it. Easy times for this are at lunch, or before dinner.

The important thing is to make movement part of your daily routine.

It's not so much about exercise as it is about getting in touch with your sensory system. This can encourage a state of connection and flow.

'I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.'

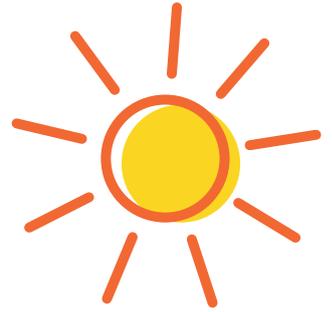
Helen Keller



MORNINGS

Be intentional about this important time of day.

Try to decide on 5 steps you want to take each morning, like watching the sunrise or sending a message to a loved one first thing.



You could also challenge yourself to drink a cup of tea outside, without any distractions, for some additional quiet time and mindfulness.

Walking barefoot in the sand or on grass — all of these can help you pay attention to the sensations in your body.

'Be happy in the moment, that's enough. Each moment is all we need, not more.'
Mother Teresa

EVENINGS

Try to keep a normal schedule – and set a bedtime and a wake-up time.

If our sleep goes haywire, it can drastically affect our mood.

Try to have some quiet time, perhaps with a book, for the last hour before you go to sleep.



'It doesn't have to be perfect, it just has to start.'

Angelia Trinidad

LET'S MAKE A PLAN TOGETHER!

There are a lot of interesting activities you can do to help stay energised ...with a little bit of ingenuity and imagination.

To help inspire you, we've put together an Activity Calendar. It's filled with neat activities you can try. It's a chance to learn new skills and have a bit of fun.



CREATE YOUR OWN WEEKLY ACTIVITY CALENDAR

We've created a comprehensive list of activities to pick and choose from. Why not challenge yourself to do one of these each day?

Simply choose from our activity ideas and make your own weekly planner using our template, included in this care package.



Do you have some ideas for activities that you want to share with our community?

Email them to:
Kimmy.West@nfdhh.org.nz

BE SUPPORTED

NEED TO TALK?



We're here to help. Our team is available to talk with you.

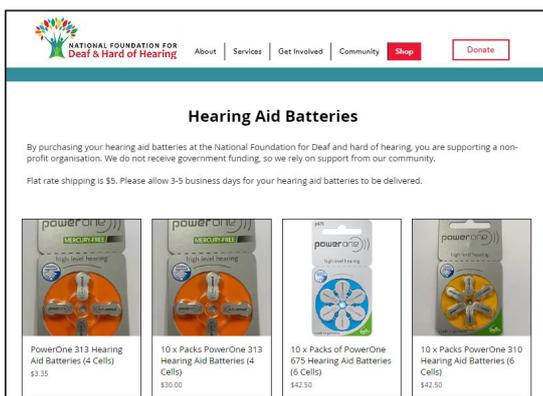
Sometimes, having someone to talk to can make a huge difference. We would love to know how you're going and if there is anything we can do to support you.

Request a call or email from our team:
www.nfdhh.org.nz/support-us

NEED HEARING AID BATTERIES? WE CAN HELP

Hearing Aid batteries can be expensive, that's why NFDHH now offers hearing aid batteries at a very affordable price via our online shop.

To purchase, please go to:
www.nfdhh.org.nz/shop



FREE COUNSELLING & SUPPORT SERVICES

If you feel you need extra support, there are many amazing organisations that can help you find the emotional support you need.

1. **Need to talk?** Free call or text 1737 any time for support from a trained counsellor.
2. **Lifeline** – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP).
3. **Youthline** – 0800 376 633, free text 234, email talk@youthline.co.nz or online chat.
4. **Samaritans** – 0800 726 666.

The Coalition of Deaf Mental Health Professionals (CDMHP) can also provide advice and/or link you to Deaf practitioners/advocates in your area. Please call 022 647 1477 or email.

Deaf Aotearoa New Zealand provides a number of nationwide services for the Deaf community, including, service coordination for Deaf people with a range of needs. Phone 0800 332 322.

INTRODUCING THE HEARING AID FUND

We believe everyone should be able to access hearing aids if they need them. Unfortunately, many who need them cannot afford them.

To help bridge this gap, the National Foundation for Deaf and Hard of Hearing has created the Hearing Aid Fund, which supports hard of hearing New Zealanders who are facing financial hardship.

Each successful applicant will receive a grant towards their new hearing aids.

To find out more about this grant go to:

www.nfdhh.org.nz/apply-for-a-hearing-aid-fund-grant



Our home is hearing loss aware



Turn your face towards me when you're speaking, so I can read your lips.



Remember, if my back is turned or if I can't see you, I may not be able to hear you.



Take care not to cover your mouth when speaking to me.



Step into the light, so that I can see your face more clearly.



Speak clearly, not too slowly. Use normal lip movements, facial expressions and gestures.



Use plain language and avoid talking for long lengths of time without pauses.



Check in to make sure I've understood what you're saying.



Please check if I'm seated in the best possible position for me to follow discussions.



Be mindful of background noise, which makes it harder to hear.



If I don't appear to understand what you've said, try saying it in a different way.



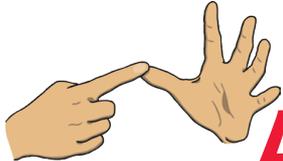
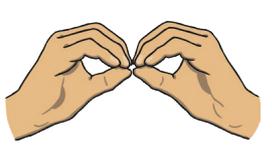
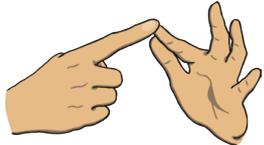
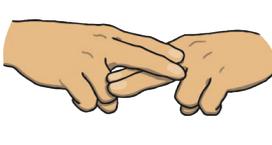
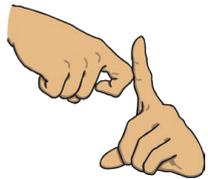
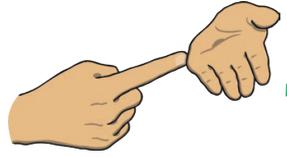
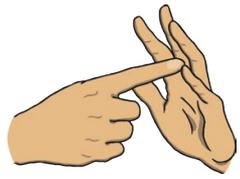
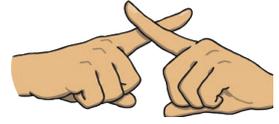
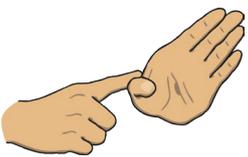
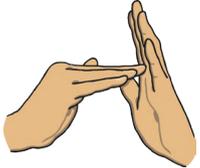
If rephrasing doesn't work, write down keywords.



Make sure only one person is talking at a time.

Fingerspelling Alphabet



 A	 B	 C	 D
 E	 F	 G	 H
 I	 J	 K	 L
 M	 N	 O	 P
 Q	 R	 S	 T
 U	 V	 W	 X
 Y	 Z	 NATIONAL FOUNDATION FOR Deaf & Hard of Hearing	



I am Deaf/have hearing loss.



Please consider the following tips to help aid our communication.



Please be aware, masks make lipreading difficult.



Face me when you speak to me.



Be patient, I may need you to repeat some words.



Please speak up and speak clearly.



Check in to see if I have understood you.



Please write down key words.



Try to eliminate background noise.



I communicate using NZSL. Do you sign?

Thank you for your support and understanding!



NATIONAL FOUNDATION FOR Deaf & Hard of Hearing

P: 0800 867 446
E: enquiries@nfdhh.org.nz
W: www.nfdhh.org.nz

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NATIONAL FOUNDATION FOR
Deaf & Hard of Hearing

ACTIVITY IDEAS



- Create a **new morning routine**: Now is your chance to try out a new routine. Plan the first five things you'd like to do each morning. Try a few new routines on for size to see which one fits the best.
- Learn to **count 1-10 in NZSL**: The NZSL dictionary is a great resource for learning NZSL, just go to www.nzsl.nz
- Write 5 things you're grateful for when you wake up in the morning: Keeping a **gratitude diary** is a powerful way to create a sense of wellbeing.
- Try an **exercise class**: Even better, arrange to do the class with someone. This will help to keep you both committed and it's a nice way to connect with a friend and stay healthy. If you want to workout at home, try out an online exercise class. There are 100s of great options to choose from.
- Do some home baking: Try **bake** some delicious cookies or cake then share your baking efforts with your household or neighbour.
- Learn to **fingerspell**: Learn how to spell the alphabet in New Zealand Sign Language. The NZSL Dictionary has some great learning resources: www.nzsl.nz/alphabet/
- Learn to **introduce yourself in NZSL**: Once you've learned how to fingerspell in NZSL introducing yourself is easy. Here's an example of how to do it: www.youtube.com/watch?v=QdmwnOfalF8
- Discover your neighbourhood: Go for a walk in your neighbourhood, try **find places** you've never been to before.



#ImHearForYou



NATIONAL FOUNDATION FOR
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ACTIVITY IDEAS

BE
CONNECTED



BE
CURIOUS



- Become a street artist: Purchase a pack of **coloured chalk** and try drawing some art on your driveway or on the footpath to brighten people's day!
- Get experimental in the kitchen: **Find a recipe** you've never made and serve it up for dinner!
- Try **yoga!** Try learning Sun Salutation A (Yoga). YouTube has some great videos you can follow along with.
- Try Meditation: **Meditation for 10 minutes** a day can make a big difference to your wellbeing. Why not give it a go!
- Start a journal: Now is a great time to reflect. Start a stream of **consciousness** to help you keep track of your feelings.
- Watch the sunrise: How often do we miss the sunrise? Now's your chance. Why not get up early and **watch the sky** change colour?
- Think about **the future**: Make a list of the things you've enjoyed over the last few years and look at ways to schedule more of the things you enjoy into the coming months.
- Get Poetic: Try out your creative writing skills by **writing a short poem**. It's a wonderful way to express yourself.
- Find your inner artist: Try taking **an online drawing class**. Look for a local class in your area or try one out for free on YouTube. Here's a good one if you'd like to learn how to draw faces: www.youtube.com/watch?v=iMEBSQJYaAY

BE
SUPPORTED



BE
KIND



BE
WELL



#ImHearForYou



NATIONAL FOUNDATION FOR
Deaf & Hard of Hearing

ACTIVITY IDEAS



- Up your fitness level: Try **walking for 30 minutes** every day for a week.
- Learn **Days of the Week in NZSL**: The NZSL Dictionary is a great resource you can use to learn the days of the week: www.nzsl.nz/
- Have a shared movie night: **Invite a friend** to join you for a shared movie night. Put some popcorn on and enjoy some relaxed company on the couch.
- Get reading: **Start reading a book** you've been wanting to read!
- Learn more about **Lip Reading**: It's harder than most people realise. Learn about the importance of understanding the context by watching the hilarious Bad Lipreading parodies on YouTube.
- Watch the sunset! Watch as the day turns to night and the sky lights up **red, pink and orange**.
- Get to the beach or bush. No matter the weather, a brisk **walk in nature** is a great way to reinvigorate your sense of wellbeing.
- Text, email or call one friend or family member each day: It's a nice way to stay in each other's lives and **stay connected**. Often we let contact with the people we love the most slide, but even small gestures that happen regularly can go a long way to helping us stay in touch.



#ImHearForYou



NATIONAL FOUNDATION FOR
Deaf & Hard of Hearing

#ImHearForYou

YOUR WEEKLY PLANNER

MON



TUE



WED



THU



FRI



SAT



SUN





#ImHearForYou

This care package has been sent to you because
someone in the NFDHH community wanted to say
#ImHearForYou.



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