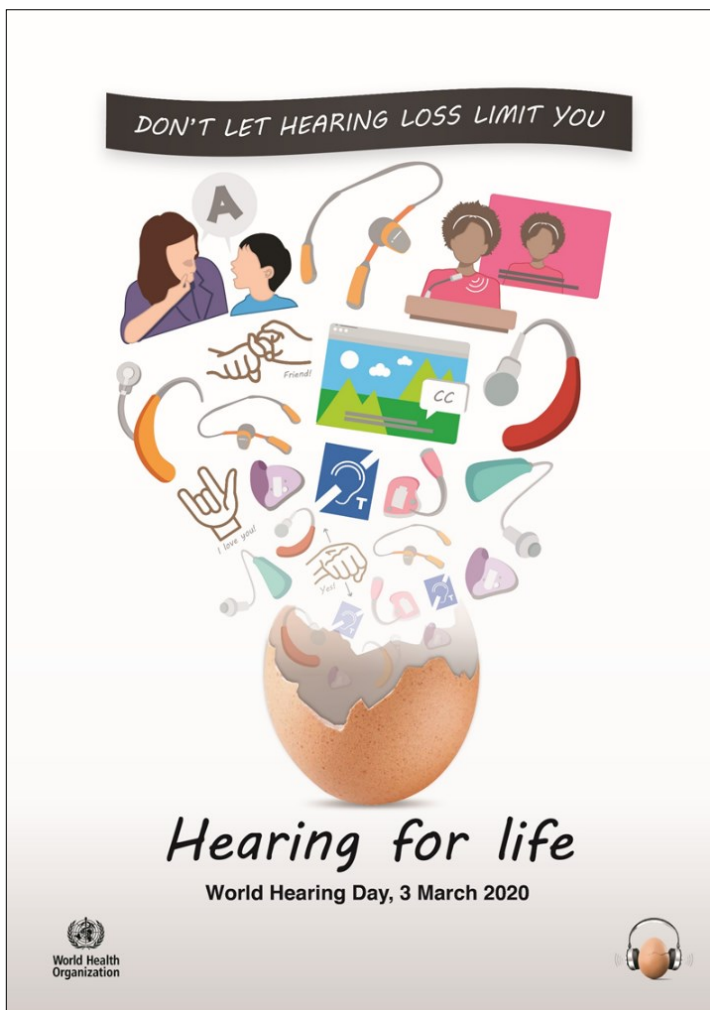


January 2020 issue



ASIA PACIFIC FEDERATION OF THE HARD OF HEARING AND DEAFENED

# NEWSLETTER



Do you know that **466 million** people worldwide have hearing loss?

The majority of these people live in the Asia-Pacific

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## WELCOME NOTE

The editorial team of APFHD is pleased to release the first issue of APFHD newsletter for this year, where we share excellent activities from APFHD members that we can learn from each other and together, to make the right real for hard of hearing persons.

We hope that you enjoy reading this newsletter and we encourage you to share this newsletter to your family, your friends, your colleagues and your networks. Cheers!

*“We wish you a new year full of joy with your family, fill your heart with love and a life full of laughter!”*

*-From APFHD Executive Committee*

## APFHD IN BRIEF

Founded on the eve of World Hearing Day on March 2, 2012 at Bangkok, Thailand, the Asia-Pacific Federation of the Hard of Hearing and Deafened (APFHD) is a regional network of formal and non-formal organizations of hard of hearing and deafened people in Asia-Pacific region. It provides a platform to unite voices of millions of people who are hard of hearing and deafened, raise awareness and protect their rights.

The Federation, with support from Asia Pacific Development Center on Disability (APCD) and Japan International Cooperation Agency (JICA), also serves as the regional representative in international network such as International Federation of Hearing of Hearing People (IFHOH), which APFHD is a regional member.

Current members of APFHD: Bangladesh, Cambodia, Indonesia, Japan, Lao PDR, Mongolia, Myanmar, New Zealand, Nepal, Pakistan, Philippines, Papua New Guinea, and Vietnam.

**Vision:** An inclusive society where rights and interests of persons who are hard of hearing and deafened in Asia and the Pacific are ensured

**Mission:** To serve as the independent network for issues relating to hard of hearing and deafened in the Asia-Pacific region

## APFHD IN BRIEF

### Objectives:

1. Empower persons who are hard of hearing and deafened in the Asia-Pacific region for their independent life with confidence;
2. Support a formation and development of local self-help groups (SHGs) and self-help organizations (SHOs) in line with the vision and mission of APFHD;
3. Facilitate and promote sub-regional and regional cooperation, and exchange
4. information and knowledge among members of APFHD for effective networking locally and regionally;
5. Collaborate with grassroots disabled People's organizations (DPOs) and other Non-Governmental Organizations (NGOs), local and national governments, regional and international organizations, the United Nations agencies and other stakeholders to mainstream hard of hearing and deafened perspectives in the movement on disability and development;
6. Facilitate scientific data collection on persons who are hard of hearing and deafened in Asia and the Pacific;
7. Assist technology development, including assistive technologies, accessible information and communication technologies; and
8. Promote accessible environment for persons who are hard of hearing and deafened at educational institutions and workplaces in the Asia-Pacific region.



## MESSAGE FROM THE PRESIDENT

Dear Respected Members,

First of all, I would like to wish you and your organization a new year full with much health, happiness and success.

We ended the year 2019 with a lot of activities by APFHD member, especially on making our responsibilities be felt to families, organizations and society and participated. On behalf of Executive Committee, I am grateful for what you and your organization have contributed to the movement for the benefit of people with hearing loss in Asia-Pacific.

We celebrated International Day of Persons with Disabilities on December 3 with activities on raising awareness and advocacy for a better life for people with disabilities. Few days later, on December 6, we are also delighted to share with you that APFHD was accepted as a member to the World Hearing Forum in Switzerland. We hope that you will find time to read the handbook of World Health Organization.

In this edition, we are pleased to share with you the country reports of our members and upcoming IFHOH World Congress 2020. We hope APFHD members will attend the important event to be held on May 27-29, 2020 at Budapest, Hungary.

Finally, I would like to inform you about the APFHD Biennial General Meeting this year. We will keep you posted,



through our Facebook page and through email, for further updates regarding the BGM.

APFHD looks forward for your contribution in this publication so that our newsletters continue to provide good information.

Sincerely,

Duong Phuong Hanh  
President of APFHD

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### Call for articles for the next APFHD

**Newsletter:** If you have any articles for APFHD newsletters, please send it to:

[apfhd.ec@gmail.com](mailto:apfhd.ec@gmail.com) or  
[dphanh@trungtamkhiemthinh.org](mailto:dphanh@trungtamkhiemthinh.org)

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*“On behalf of Executive Committee, I am grateful for what you and your organization have contributed to the movement for the benefit of people with hearing loss in Asia-Pacific.”*

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## EXECUTIVE COMMITTEE REPORT

### Executive Committee meetings:

The Executive Committee conducted five (5) meetings through Facebook for the year 2019. We also designated a representative in meetings with IFHOH twice a year.

### Collaboration:

The Executive Committee had a close collaboration on the following:

- Becoming a member of World Hearing Forum member 2019.
- Developed a Memorandum of Understanding with IFHOH in 2014 and officially become IFHOH regional member in 2018.
- Involved in Inclusive Education with IFHOH, through the cooperation of Shruti, an APFHD member from Nepal.
- APCD, with its new management, pledged its support and to continue as AP-FHD's Secretariat.

### Achievements:

- Organized three (3) BGMs in which members elected a democratic Executive Committee .
- Attended three (3) international trainings and workshops on various issues related to hard of hearing.
- Participated in consultative meeting with World Health Organization.
- Published the guidebook, "Voices of Hard of Hearing and Deafened in Asia Pacific in 2012.
- To date, APFHD has published four newsletters.





Do you know that **466 million** people worldwide have hearing loss? The majority of these people live in the Asia-Pacific

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## WORLD HEARING DAY 2020

### **Hearing for life: *don't let hearing loss limit you***

On World Hearing Day 2020, WHO will highlight that timely and effective interventions can ensure that people with hearing loss are able to achieve their full potential. It will draw attention to the options available in this respect.

Key messages for World Hearing Day 2020:

1. At all life stages, communication and good hearing health connect us to each other, our communities, and the world.
2. For those who have hearing loss, appropriate and timely interventions can facilitate access to education, employment and communication.
3. Globally, there is lack of access to interventions to address hearing loss, such as hearing aids.
4. Early intervention should be made available through the health systems.



## WORLD HEARING FORUM

### **Background**

In July 2018, WHO announced the creation of the World Hearing Forum, a global network of stakeholders promoting ear and hearing care worldwide. The aim of this forum is to promote and support the implementation of the 2017 WHA70.13 resolution on prevention of deafness and hearing loss which calls to intensify collaboration and to develop multi-stakeholder action to reduce the occurrence of hearing loss.

The World Hearing Forum fills a critical gap by bringing a collective vision to advocacy and collaboration in this field. Its members include representatives of governments; non-state actors; WHO Collaborating Centres; professional societies; and industry partners. The purpose of the Forum is to promote action for ear and hearing care through global advocacy. It will provide a platform where all stakeholders within this field can work together in a cohesive manner to achieve the goal of accessible ear and hearing care for all.

Since its announcement in July 2018, WHO has worked to set up the membership and identified concrete advocacy actions to be taken through this Forum. This has been done in consultation with internal and external stakeholders. Groups within the Forum will work on actions that align with the WHA70.13. These include: (1) Make Listening Safe; (2) World Hearing Day; (3) World Report on Hearing; and (4) Fostering role models and champions in the field of hearing care.

To develop this cohesive and collaborative action, it is proposed to hold a meeting at least every two years. This year, 4-5 December will mark the first World Hearing Forum.

### **The main objectives of the meeting are to:**

1. Share the vision, mission and actions of the World Hearing Forum;
2. Engage members in Forum's Working Groups and actions;
3. Propose an advocacy action plan for the next two years;
4. Serve as a platform for exchange of views among members;
5. Explore options for resource mobilization.

### ***(From WHO)***

Please contact us [apfhd.ec@gmail.com](mailto:apfhd.ec@gmail.com) if you need WHO Hand Book



## HOW CAN YOU PREVENT HEARING LOSS?

### How can you prevent hearing loss?

- Do not insert any object into the ear.
- Use earplugs and earmuffs in a noisy places.
- In case of any ear problems, consult a doctor immediately.
- Check if medicines you take can affect your hearing.
- Have your hearing tested regularly.
- If advised to do so, use a hearing devices as indicated.



## COUNTRY REPORT: MONGOLIA



### **THE RESEARCH REPORT “HEARING LOSS PREVENTION IN SCHOOL ENVIRONMENT**

By: Tuya Mijiddorj /Sponsorship Service Team staff

#### **Acknowledgements**

I would like to thank the participants who filled out the questionnaires for this research. I would also like to thank my colleagues, and in particular Mrs. Bolormaa / former assistant manager/, Mrs. Densmaa who assisted with the research, Mrs. Bolor who is replacement of her, and other staffs / from Business Development team; Monitoring & Evaluation team/, and Ms.Yanjinkham, manager of Program Managing Division who are supported this initiative. Thanks to the empowerment through WHO workshop and APFHD, I was able to learn that hearing loss can be prevented if we cooperate to bring good change for the next generation.

#### **ABSTRACT**

Since 2018, Good Neighbors Mongolia has been observing World Hearing Day through its community development projects. The projects contribute to exercise the right to health for the children and their family included in the project and increase the understanding to prevent from hearing loss.

The research study is aimed to define the understanding of hearing loss for parents and children, and also capacity of school physicians. Research data was collected in using document-based questionnaire and interview methods. Participants were 92 children, 42 parents and 22 school physicians.

According to the survey, school physicians has bigger workload but has limited resources, has no feedback with child and family after consultation, and insufficient professional and methodological assistance. Although they play an important role in raising hearing loss awareness in school environment, support and assistance for them varies from coworkers, administration, agency and local community.

The understanding of children is insufficient. More than half of them said they have no awareness that hearing loss can occur if they stay in loud environment or use headphones over long period of time.

Although understanding of parents is enough regarding ear and hearing care, but still happens to postpone visiting hospital in case of child needed treatment, and give medicines themselves instead of visiting to a hospital.

For school physicians, they are considering peer advocacy, organize awareness campaigns, and training of proper habits as an important factor to increase participation of children and parents for hearing loss prevention.

This study will improve the coherence between relevant individuals and organizations for the prevention of hearing loss using social work methods and provide more effective use of International Non-Government organization's resources. Therefore, I hope it can be motivate to do research in this area further.

**Note:** The discussion was held after introducing the research study report among school physicians from six districts from Chingeltei, Bayanzurkh, Khan-Uul, Songinokhairkhan, Sukhbaatar and Nalaikh and discussed about future action plan and prevention measures in school environment including advocacy campaign to raise awareness for school staffs and prepare peer trainers as well.

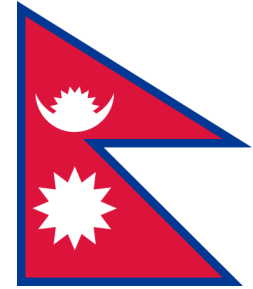


From right Mrs.Bolor /staff/, Ms.Yanjinkham /Manager, Program Managing Division/ and school physician Mrs.Chuluunbaatar



The school physicians from six districts including (Chingeltei, Sukhbaatar, Songinokhairkhan, Bayanzurkh, Khan-Uul and Nalaikh)

## COUNTRY REPORT: NEPAL



### ABOUT SHRUTI

By Neeta Keshary Bhattarai

SHRUTI, the National Association of the Hard of Hearing and Deafened (HoH/d) Nepal, is a non-profit disabled peoples' organization established by people affected by hearing loss in 2012 to provide them a platform with a uniform voice. SHRUTI promotes rights and empowerment of HoH/d by reducing the persistent communication barriers and education and economic backward they face.

SHRUTI implements projects in partnership with the government, as well as a range of international organizations, such as Disability and Development Partners (UK), the Abilis Foundation (Finland), Royal Dutch Kentalis (The Netherlands), MyRights (Sweden), All Nippon Association of Hard of Hearing and Late-Deafened (Japan), Workability International (Japan), International Disability Alliance/ International Federation of Hard of Hearing (IDA/IFHOH), etc.

### Employment workshop for young hard of hearing people

Employment workshop for Hard of Hearing with having various presentations



### Awareness Raising

Exhibition: Photos were taken by hard of hearing herself. The photos tell the story of cochlear implanted child.



## **Awareness Raising**

Awareness program held in community level in Butwal



Awareness in Municipality of Nepalgunj: The participants were from 23 Ward



## **HOH group formulation**

Group of Hard of hearing in Nepalgunj



## **Interactions programs with local governments**

Interactions with Vice-Mayor at Butwal



## CRPD Training

CRPD training for hard of hearing who uses Cochlear Implant in Butwal.



## Opportunities to work with SHRUTI

SHRUTI is open to establishing partnerships with local and international organizations to help advance the rights and needs of people who are HoH/d in Nepal. If you are interested in partnering with us, volunteering with us, or learning more about our work, please contact us using the details below:

### SHRUTI

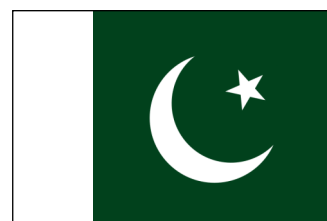
National Association of the Hard of Hearing and Deafened  
GPO Box 20059, Kathmandu, Nepal

Tel: +977 1- 4438 237 | Mob: +977 9860 032 635

Email: [shrutihoh@gmail.com](mailto:shrutihoh@gmail.com) | Web: [www.shruti.org.np](http://www.shruti.org.np)

Follow us at <https://www.facebook.com/shrutihoh/>

## COUNTRY REPORT: PAKISTAN



## RIGHT TO DRIVE BY DEAF AND HARD OF HEARING PERSONS

By: Akram Muhammad

In Sindh (one of the Province of Pakistan), deaf and hard of hearing people won the "right to drive" and they can now obtain driver's license legally. The first deaf male and female who got driving license were Mr. Mansoor and Ms. Farah Naz, respectfully. Young persons were given too as Ms. Farah Mughal become the first young female to obtain a license. Chief Minister Sindh handed them their driving licence on International Day of Persons with Disabilities.

## COUNTRY REPORT: PHILIPPINES



### MEETING OF HARD OF HEARING GROUP PHILIPPINES AND ZENNANCHO-JAPAN

By: Raphael Torralba

The Hard of Hearing Group Philippines (HOHGP) welcomed Dr. Kazuhiko Seya and Mr. Tadashi Miyamoto of All Japan Association of Hard of Hearing People (Zennancho) in their recent visit to Manila, Philippines.

As agreed between the two groups during the APFHD Biennial General Meeting in Bangkok, Thailand on 2018, the meeting finally came into fruition in an effort to foster dialogue and mutual cooperation between them and aims to foster a vibrant partnership for the benefit of Hard of Hearing community.

Zennancho is a non-profit consumer advocacy organization to enhance welfare of people with hearing loss in Japan by improving their social status, perpetuating support services, and promoting their independence and full participation in society.

HOHGP is a non-stock and non-profit organization composed of self-advocate HOH persons in the Philippines which aims to bring together HOH persons from across the Philippines to promote their rights, raise awareness on HOH and hearing loss, create HOH community and identity, and to unite their voices as one.





## **HOHGP ATTENDS TRAINING ON STRATEGIC COMMUNICATION AND ADVOCACY FOR REGIONAL DISABILITY INCLUSION**

By: Raphael Torralba

HOHGP Chairman and APFHD Vice President, Mr. Raphael Torralba and HOHGP President, Ms. April Rose Escaros attended the 3-day Advocacy on Strategic Communication Training on September 16-18, 2019 at DSWD – SWADCAP PONUSWA Compound, Taguig City. The event was conducted by CALL Foundation, as the host of a one-year project entitled, “Promoting the ASEAN Enabling Masterplan to All Filipinos”.

In partnership with General Election Network for Disability Access (AGENDA) and International Foundation for Electoral Systems (IFES), the training aims to enhance key areas of knowledge and skills: strategic communications, understanding ASEAN structure and process, and leveraging political processes for advocacy, which will be beneficial for their efforts in advocating ASEAN members to harmonize their laws, regulations and policies with the ASEAN Enabling Masterplan.

The training objective is for DPOs and CSOs to leverage the Masterplan to build effective domestic advocacy for mainstreaming the rights of persons with disabilities into national laws and public policies to provide real benefits for the region.





## HOHGP ATTENDS POLICY PLATFORM WORKSHOP

By: Raphael Torralba

CALL Foundation, as the host of a one-year project entitled, "Promoting the ASEAN Enabling Master plan to All Filipinos," conducted the Policy Platform Workshop on June 12, 2019 at DSWD – SWADCAP PONUSWA Compound, Taguig City.

In partnership with General Election Network for Disability Access (AGENDA) and International Foundation for Electoral Systems (IFES), the workshop aimed to develop a national-level policy platform by using IFES' policy platform methodology and determine their priorities for integrating Master plan policies at the national level. The finalized policy platform will be presented in the Workshop on the ASEAN Enabling Master plan 2025 (Activity 4) where key stakeholders will be invited and asked for the evaluation and commitment by signing the document.

Being acknowledged as an advocate of the rights of Persons with Disabilities, AP-FHD Vice President and HOHGP Chairman, Mr. Raphael Torralba attended the event.



## Trainer's Training on Disability Equality Training

By: Raphael Torralba

In an effort to help and equip fellow leaders with disabilities on Disability Equality Training, HOHGP Chairman, the Leonard Cheshire Disability Philippines Foundation organized the "Trainer's Training on Disability Equality Training" on November 22-23, 2019. HOHGP chairman, Mr. Raphael Torralba, was invited as one of the resource persons.

Mr. Torralba imparted his experience as a hard of hearing person and shared his knowledge on the following:

- What is hearing loss and why it is increasing globally
- What is hard of hearing and why it is considered as one of the emerging disability groups in Asia Pacific
- Challenges of hard of hearing in the Asia Pacific
- Communication tips and breaking the communication barrier
- Accessibility tools for hard of hearing persons



## **Trainer's Training on Advocacy, Awareness raising and influencing for Employment Rights of Person with Disabilities (3-days training)**

By: Alfrey Redd Umali

HOHGP attended the “Trainer’s Training on Advocacy, Awareness Raising and Influencing for Employment Rights of Person with Disabilities (PWD)” conducted by Leonard Cheshire Disability Philippines Foundation on June 11 - 13, 2019 at Axiaa Hotel, Quezon City. The training is under the VOICE-Hivos project entitled “Strengthening DPOs/CSOs and facilitating disability network of employers for the promotion of the economic rights of PWD in NCR and Bohol”.

The training aimed to enhance the knowledge of employment policies and legislation, to boost the right to have a voice in the development of policies and legislation, understanding of barriers of employment, and communicating the stakeholders/policymakers (matrix of power and interest of stakeholders).

The training’s prospect is to have a positive effect in the quality of living of the trained persons with disabilities by enabling them to stand up for themselves, talk about themselves and interact with other people.

HOHGP was represented by vice president, Mr. Alfrey Redd Umali; board member, Mr. Vincent Balingan; and member, Mr. Sebastien Saflor. Ms. Sylvia Fabbri, from Leonard Cheshire International, was the resource speaker.



## COUNTRY REPORT: VIETNAM



### HEARING AIDS FUND FOR THE POOR CHILDREN

Center for Research and Education of the Deaf and Hard of Hearing (CED)

By Duong Phuong Hanh—Director of CED

The Center for Research and Education of The Deaf and Hard of Hearing (CED) granted 140 hearing aids for 113 children and adults with hearing loss (61 Males and 52 Females) who live in the poor families:

MONTH	NUMBER OF HEARING AIDS PROVIDED
January	32
February	3
March	13
April	13
May	9
June	9
July	5
August	11
September	2
October	21
November	6
December	16



We reached our goals that grant 100 hearing aids in year 2019. Thank all sponsors for your kind collaboration and supports.

Now, we are pleased to call for granting hearing aids for year 2020. Parents, Teachers and persons concerned please email [info@trungtamkiemthinh.org](mailto:info@trungtamkiemthinh.org) or [dphanh@trungtamkiemthinh.org](mailto:dphanh@trungtamkiemthinh.org)

Sincerely,

Duong Phuong Hanh  
Founder and Director of CED

## HEARING TEST FOR THE COMMUNITY

CED conducted the following Hearing Care Program: Ears Test, Tympanometry Measurement and Hearing Test:

**May:** for 79 elders of Association for The Elderly Ward 14, Phu Nhuan District, Hochiminh City.

**June:** for 27 children, parents and staff of Leftovers Love Sharing Community in District 3, Hochiminh City.

**July:** for 68 children, parents and staff of Thao Dan Social Protection Organization, District 1, Hochiminh City.

**September:** for 50 children of Han Bridge Project in District 7, Hochiminh City.

**October:** for 39 children, teachers and staff of Phat Huy Binh An Center in District 8, Hochiminh City.



## SKILL PROGRAMS: VIETNAMESE SIGN LANGUAGE CLASSES

CED conducted the following Basic Sign Language Class:

- Course 65, September 22 to November 10, 2019. The class had 33 trainees who are teachers, students and staff in business, medical field.
- Course 66, November 17, 2019. The class had 20 participants who work in offices, business, finance, banking, assistant managers, architects, hair & makeup specialists, teachers, nurses, hospital social workers, staff in SOS Children's Village.



## SKILL PROGRAMS: LIP-READING CLASSES

The lip-reading program is about the concept and signification of lip-reading. It helps the participant learn about the skills and method in developing lip-reading to their students/children/adults with hearing loss. It focuses on instructing how to design lessons for children and people with hearing disabilities by seeing and guessing the signs. The program is also suitable for students with hearing loss who wear a hearing aid or cochlear implant but has challenge to hear in noisy environments at normal schools.

The July course has 13 participants who are teachers working at special schools for the Deaf and parents of children with hearing loss from different provinces: Long An, An Giang, Khanh Hoa, Ba Ria Vung Tau on July 6th 2019 at CED office.

The November course has 10 students (specialized and integrated teachers, social workers, office workers, travel staff, engineering engineers, information technology students, etc.) The class also has a group of deaf friends participating to help in practicing the lip reading method.



### **SKILLS IN SUPPORTING PEOPLE WITH HEARING LOSS (DEAF/HARD OF HEARING/DEAFENED) AT HOSPITALS COURSES**

The training includes the contents:

- Basic sign language and medicine terms,
- Skills to assist the hearing impaired to read the lip signals,
- A skill that supports sudden hearing loss,
- Solutions for some communication situations and supporting deaf patients,
- Developing the procedures and specifications for supporting at the hospital departments.

CED offered this service to:

**September:** for 18 social workers, medical workers as recommended the Traditional Medicine Institute of Ho Chi Minh City.



**November:** for 15 social workers, medical workers as recommended by Gia An 115 Hospital.



## **COLLABORATION WITH UNIVERSITIES**

Ms. Duong Phuong Hanh, Director of CED, was invited to train on the topic, “Teaching Deaf Children: Techniques and Methods” for students as requirement for the diploma in Special Education (In Service) program.

Ms. Hanh was also invited to teach on the topic, “Vietnamese Teaching Methods” for students of the Department of Special Education, Ho Chi Minh City University of Education on November 21, 2019.

## **COMMUNITY ACTIVITIES**

On November 2, 2019, CED was invited by aT Korea Argo-Fisheries & Food Company, under Korea Ministry of Agriculture, as a social organization to receive sponsorship of Korean food imports in the Korean Food Fair Program held on November 2-3, 2019.

On November 2, 2019, CED was selected as one of the 6 NPOs attending the meeting with Ms. Bonnie Glick, the Deputy Administrator of the United States Agency for International Development (USAID). This is a great honor for CED.





## COMMUNITY ACTIVITIES

On November 13, 2019, CED was interviewed and videoed about the challenges of CED formation and development by Mr. Richard Brubaker - Director of Entrepreneurs For Good Project (EFG). Through this series of interviews, EFG talks with entrepreneurs in Asia on the mission of providing solutions to the environmental, social and economic challenges facing the region to learn more about their vision, the opportunities they see and the challenges they have to overcome.

Also on the same day, CED cordially welcomed Professor Dr. Richard Hazenberg, Nothampton University, Director of the Innovation Center, to visit and interview the model of CED's social enterprise for his social innovation research project.



## READING ARTICLES FOR YOU

### LIVING WITH HEARING LOSS

By: Nepsy Ucag

*“I choose not to place “DIS”, in my ability.”*  
– **Robert M. Hensel**

As Robert Hensel said, we never wanted to become disabled in some ways, be it physical, mental, emotional or sensoral. Nobody wanted that way but it happened. Like me, I have hearing loss (Moderately Severe Sensorineural Hearing Loss in my Left Ear and Severe Sensorineural Hearing Loss in my Right Ear) since I was 10 years old. I had a dengue back then and my nerves in my ears were severely damaged. Good thing I survived during that outbreak even if it left me with hearing loss, rather than being dead.

We all are exposed to community wherever we go and communication is always present and discrimination follows. Even though I wear hearing aid sometimes, some people think I'm dumb, and calling me “deaf” even though I'm not deaf, but rather “Hard of Hearing”. Because “deaf” is more popular than the term “hard of hearing”, I corrected them that I'm not deaf because I can still hear but I have difficulty catching up words which is defined as hard of hearing. Deaf is different than hard of hearing because if you are deaf, you hardly hear sounds or none at all while hard of hearing is you can still hear sounds depending on the level of your hearing loss and pronunciation is a major struggle. This is why sign language is the major communication of deaf but to a hard of hearing are verbal communication and sometimes a bit of sign language. Maybe you have observed that in any public place, so before you judge or label someone “deaf”, observe him or her and that way you will understand. As the saying goes by, just because we may not be able to hear doesn't mean we are dumb or stupid.

Since communication is the daily struggle of being a hard of hearing person, we don't usually watch videos without captions. As for the use of telephones and calling or answering using phones, we hardly answer any. As long as you speak clearly, it's definitely not a problem. When someone is talking to us, we rather see the lips moving and facing in front of us so we can hear and understand words. Lip reading is the only way we can understand better, sign language is optional. In my case, I don't know sign language because I studied in public school until university. We are more of a visual person.

Because I am a person with disability, I fall in priority lanes like in supermarkets, restaurants, government establishment and others. Most of them misunderstood me as regular customer because maybe they think I am normal. They kept saying “For Senior/ PWD lane only” and when I showed them my PWD ID, they were quiet. Because of invisible disability, people misunderstood we are normal. There are times we get tired from listening. Hard of hearing people are sensitive to emotions. We don't like the discrimination. We don't want to be laughed at just because we misheard a conversation. We only want to focus on communication as you speak to us. You give us respect, and respect will be earned. We need your full cooperation so we can do better.

Brave people are those living with lifetime impairment, it's sad but they are braver that they are still alive. As depressing as it is sometimes, we try to be happy and mingle with other people, joining support groups, communicating with some strangers, and living with positivity in life. It's a hard battle but it will surpass with the help of family and friends.

*\*\* About the author: Nepsy Ucag is a licensed pharmacist living with hearing loss and a member of Hard of Hearing Group Philippines.*

## **IFHOH WORLD CONGRESS 2020**

### **IFHOH WORLD CONGRESS—BUDAPEST 2020**

#### **"WORLD WITHOUT BARRIERS"**

TOGETHER WITH

**IFHOH BGM (BIENNIAL GENERAL MEETING)**

AND

**EFHOH AGM (ANNUAL GENERAL MEETING)**

ON

**27-28-29 MAY 2020**

**BUDAPEST, HUNGARY**

**HOTEL HELIA DANUBIUS**

FOR MORE INFORMATION, PLEASE LOOK AT THE HOST WEBSITE:

<https://www.ifhoh2020budapest.com/>

# APFHD BIENNIAL GENERAL MEETING THROUGH THE YEARS

**2012**



**2014**



**2018**





## EDITORIAL TEAM

Editor	:	<b>Duong Phuong Hanh</b>
Co-Editor	:	<b>Ishaque Mia</b>
Co-Editor	:	<b>Raphael Torralba</b>
Members	:	<b>Chhim Kim Hean</b>
	:	<b>Tuya Mijiddorj</b>

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