

### **Peer-to-Hear Mentoring Program**

- Hearing loss is more common than we realize, 47% of Canadians aged 60 – 79 are living with hearing loss. It is often progressive and happens slowly over time. 60% of people with hearing loss are either in the workforce or in educational settings.
- Learning to manage hearing loss can be a challenging journey. Sometimes all it takes is some friendly support from someone who understands what a person is going through.
- Peer-to-Hear mentoring matches adults dealing with the challenges of hearing loss, with a trusted mentor who has walked a similar path and now wants to offer support.
- Being part of the Peer-to-Hear program helps in building stronger communities, reduces social isolation and increases awareness and educates family and friends.

**Mentees:** Open to all adults who are wanting & willing to...

- Commit to 3 months
- Fill out an application form
- Complete an interview with Peer-to-Hear Coordinator
- Set a goal with your mentor
- Connect with your mentor 1x/week for an hour
- Be open to learning new things and trying new ways
- Be social and have fun

Prospective **Mentors** will apply and go through an interview process.

Successful candidates will...

- Have successfully managed your hearing loss so that you are comfortable interacting with family, friends & your community
- Be supportive, a good listener, compassionate
- Act responsibly and with integrity
- Enjoy working with people and respectful of others
- Complete a Criminal Records Check
- Be able to make a 12 month commitment
- Attend the Peer-to-Hear training session
- Be able to connect 1x/week with your mentee

Considerations in making the match:

- Type of hearing loss
- Experience with hearing loss
- Personal interests / hobbies
- Location
- Goals
- Requests

**Mentors and Mentees**

*Connect –*

- they set a goal, meet weekly, educate family and friends

*Share*

- Talk about experiences, listen to each other, explore resources in the community

*Empower*

- The mentee gains new skills, builds new relationships, learns about assistive technology, is better able to express themselves with others, and connects again socially with their circle and community

**Peer-to-Hear Group Mentoring – New 2018**

- On-site mentoring with groups of 3 – 6 mentees, a mentor, and the coordinator as facilitator
- Open to all adults who are willing to commit to 3 months
- Be prepared to set a goal
- Be willing to share challenges and learn new strategies
- Connect bi-weekly for an hour
- Mentor and coordinator travel to the group and meet in a “common” room