

“What are some other resources?”

There are numerous resources available in your search for lifelong learning opportunities. If you are in search of more information, you may want to research these organizations on the internet. Listed below are some organizations and programs that may be of help.

American Association of Retired Persons (AARP)

This organization provides information to enhance senior living.

Phone, Toll Free: 1-888-OUR-AARP (888-687-2277)

Hours: Monday – Friday, 7a.m. – 12:00 midnight, ET.

Address: 601 E. Street NW

Washington, DC 20049

Website: www.AARP.org

National Association of the Deaf (NAD)

The NAD Mission is to promote, protect, and preserve the rights and quality of life of Deaf and Hard of Hearing individuals in the United States of America.

Address: 814 Thayer Avenue

Silver Spring, MD 20910-4500

TTY: 301-587-1789

Voice: 301-587-1788

Fax: 301-587-1791

Website: www.nad.org

Other useful websites:

Alexander Graham Bell Association for the Deaf and

Hard of Hearing: www.agbell.org

Association of Late-Deafened Adults: www.alda.org

Captioned Media Program: www.cfv.org

Deaf-Blind Information: www.deafblindinfo.org

Deaf Seniors of America: www.deafseniors.com

Disability Information: www.ssa.gov/disability

Eldercare: www.Elderweb.com

Gallaudet University Regional Centers:

gurc.gallaudet.edu

Hearing Loss Association of America: www.shhh.org

Medicare Prescription Programs: www.medicare.gov

Social Security Administration: www.ssa.gov

Veterans Administration: www.va.gov

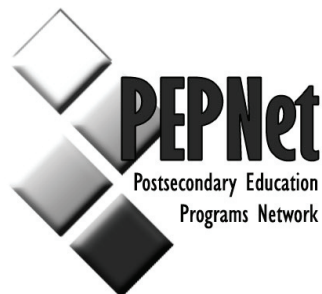
For information on accessibility such as interpreters, assistive listening devices, TTY's, notetaking and or other assistance for any life-long learning program, contact your local deafness resource center or the below sites for further information:

- US Department of Justice: www.usdoj.gov
(for legal and ADA information).
- Postsecondary Education Programs Network:
www.pepnet.org (accessibility/accommodations)

Life-Long Learning for Adults with Hearing Loss:



Opportunities for Growth



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“What is Life-Long Learning?”

■ The term “Life-Long Learning” implies that we should learn continuously. As we experience birth, upbringing, teenage, middle age and old age, there is a need for learning. The only difference lies in what we learn and why we learn during each stage.

Deaf adults can efficiently use their leisure time and continue learning. Whether it is to increase academic knowledge, to increase life skills or to pursue an interest, there are many opportunities for continuous learning. Some examples of life-long learning opportunities:

- Health and wellness (for example, learning about nutrition, exercise, or health)
- Education (for example, enrolling in college, learning how to create a web page, taking a computer class)
- Recreation and leisure (for example, travel, sports, crafts, hobbies)
- Retirement and financial planning (for example, learning about wills, trusts, long-term health care, Social Security and Medicare)

“How do I begin?”

■ Some programs are designed for specific age populations, you must check with the sponsoring program to see if you qualify.

Depending on your age, some programs will involve a cost or a minimal cost. Some programs are specifically designed for deaf adults and require no additional costs or accommodations. For others, you must make specific requests for interpreters or other accommodations.

For example, many community colleges have established programs for senior citizens, and some classes may be offered free of cost. Programs do vary in what classes are offered. Be sure to check with the appropriate office on campus.

Also, senior citizens centers offer an array of classes and programs in estate planning, use of computers and community resources. Often, these classes are offered for little or no cost.

Consult the appropriate sponsoring agencies to determine any cost or accommodations that you may need. Some suggested steps:

- Determine what kind of information you might be interested in learning
- Locate a program or sponsoring agency that offers the information you are seeking.
- Contact the person responsible for registration to determine costs, procedure and accommodations that may be needed.
- Contact your local agency or resource center for the deaf for guidance and assistance if needed.

“Where can I go to take classes?”

■ Many opportunities may be available in your community. Check out the public libraries, community colleges, educational programs, senior citizens centers, churches, even the yellow pages for listings of community organizations that you can access. Some examples might be:

- Health and Wellness—YMCA, YWCA, Red Cross, hospitals offering seminars, public and private health organizations such as American Cancer Society, American Heart Association, American Diabetes Association, American Foundation for the Blind, Arthritis Foundation.
- Education—Community colleges offering continuing education, universities, technical schools, public schools offering continuing education classes, public libraries, senior citizen centers, consumer organizations such as NAD, HLAA, AGB, ALDA, Deaf/Blind offer educational opportunities, as well as local organizations serving individuals within the community who are deaf, late deafened, deaf/blind and hard of hearing.
- Recreation and Leisure—YMCA, YWCA, parks and recreation departments, senior citizen centers, clubs and organizations for individuals who are deaf, community centers, Elderhostel programs, AARP.
- Retirement and Financial planning—AARP, SSA, consumer credit organizations, local continuing education programs, Department on Aging.