

Supplement 1. Geriatric Depression Scale, MOS Social Support Scale, and SF-36 Health Survey results by group

Measure	Baseline Values		Change over Time (adjusted for baseline HHIE score)			Effect Size
	Control Median (IQR)	Intervention Median (IQR)	Control Mean $\Delta$ (95% CI)	Intervention Mean $\Delta$ (95% CI)	Difference between Groups Mean $\Delta$ (95% CI)	
Geriatric Depression Scale	2 (1, 6)	2 (1, 3)	-0.9 (-1.8, 0.1)	-0.9 (-1.8, 0.2)	0 (-1.3, 1.3)	0
MOS Social Support Scale						
MOS Total Score	76 (50, 86)	76 (49, 93)	5.0 (0.8, 9.1)	0.8 (-3.0, 4.6)	-4.2 (-9.9, 1.6)	-0.38
Emotional Support	69 (38, 84)	75 (50, 91)	6.8 (1.4, 12.1)	1.1 (-4.0, 6.1)	-5.7 (-13.2, 1.8)	-0.39
Tangible Support	88 (50, 100)	75 (44, 94)	2.3 (-2.9, 7.5)	1.5 (-3.4, 6.4)	-0.8 (-8.1, 6.4)	-0.06
Affectionate Support	92 (50, 100)	83 (50, 100)	4.2 (-0.6, 9.0)	-0.4 (-4.9, 4.2)	-4.6 (-11.2, 2.2)	-0.35
Positive Social Interaction	75 (50, 100)	75 (50, 100)	2.5 (-2.0, 7.0)	0.4 (-3.8, 4.7)	-2.1 (-8.3, 4.2)	-0.17
Additional Item	63 (50, 75)	75 (50, 100)	8.5 (1.0, 16.0)	0.6 (-6.4, 7.5)	-7.9 (-18.4, 2.5)	-0.39
SF-36 Health Survey						
Physical functioning	80 (55, 95)	85 (65, 90)	4.0 (-3.2, 11.2)	0.9 (-5.8, 7.7)	-3.1 (-13.1, 7.0)	-0.16
Physical role limitations	75 (50, 100)	75 (50, 100)	-2.4 (-14.9, 10.2)	1.4 (-10.4, 13.2)	3.8 (-13.8, 21.3)	0.11
Emotional role limitations	100 (33, 100)	100 (67, 100)	0.1 (-10.4, 10.5)	-3.8 (-13.7, 6.0)	-3.9 (-18.5, 10.7)	-0.15
Energy/fatigue	60 (50, 80)	60 (45, 75)	0.5 (-4.2, 5.2)	3.0 (-1.4, 7.4)	2.5 (-4.1, 9.1)	0.19
Emotional well-being	80 (64, 88)	80 (72, 92)	0.7 (-3.2, 4.7)	-2.0 (-5.7, 1.7)	-2.7 (-8.3, 2.7)	-0.25
Social functioning	75 (63, 100)	88 (63, 100)	0.0 (-6.5, 6.6)	0.0 (-6.2, 6.1)	0.0 (-9.2, 9.1)	0
Pain	68 (45, 90)	68 (55, 80)	0.6 (-5.7, 6.9)	5.6 (-0.3, 11.5)	5.0 (-3.7, 13.8)	0.29
General Health	75 (60, 85)	70 (65, 85)	-0.3 (-4.8, 4.2)	1.4 (-2.9, 5.7)	1.7 (-4.6, 8.0)	0.14

Notes: IQR: interquartile range, Mean  $\Delta$ : mean change, 95% CI: 95% confidence interval, \* $p < 0.05$

**Supplement 2.** Distribution of COSI responses at follow-up, by group (Control N=26; Intervention N=31) and overall (N=57).

Situation	Amount of change experienced				
	Worse n (%)	No difference n (%)	Slightly better n (%)	Better n (%)	Much better n (%)
1. Conversations with 1 or 2 people in a quiet environment.					
Control	0 (0)	10 (38.5)	6 (23.1)	6 (23.1)	4 (15.4)
Intervention	0 (0)	9 (29.0)	7 (22.6)	13 (41.9)	2 (6.5)
Overall	0 (0)	19 (33.3)	13 (22.8)	19 (33.3)	6 (10.5)
2. Conversations with 1 or 2 people in a noisy environment.					
Control	1 (3.9)	12 (46.2)	7 (26.9)	6 (23.1)	0 (0)
Intervention	1 (3.2)	13 (41.9)	8 (25.8)	9 (29.0)	0 (0)
Overall	2 (3.5)	25 (43.9)	15 (26.3)	15 (26.3)	0 (0)
3. Conversations with a group in a quiet environment.					
Control	0 (0)	8 (30.8)	7 (26.9)	8 (30.8)	3 (11.5)
Intervention	0 (0)	8 (25.8)	11 (35.5)	10 (32.3)	2 (6.5)
Overall	0 (0)	16 (28.1)	18 (31.6)	18 (31.6)	5 (8.7)
4. Conversations with a group in a noisy environment.					
Control	1 (3.9)	10 (38.5)	10 (38.5)	4 (15.4)	1 (3.9)
Intervention	1 (3.2)	15 (48.4)	11 (35.5)	3 (9.7)	1 (3.2)
Overall	2 (3.5)	25 (43.9)	21 (36.8)	7 (12.3)	2 (3.5)
5. Hearing the television or radio at normal volume.					
Control	0 (0)	16 (61.5)	7 (26.9)	3 (11.5)	0 (0)
Intervention	0 (0)	17 (54.8)	6 (19.4)	7 (22.6)	1 (3.2)
Overall	0 (0)	33 (57.9)	13 (22.8)	10 (17.5)	1 (1.8)
6. Speaking with a familiar person on the phone.					
Control	0 (0)	17 (65.4)	3 (11.5)	5 (19.2)	1 (3.9)
Intervention	0 (0)	22 (71.0)	2 (6.5)	6 (19.4)	1 (3.2)
Overall	0 (0)	39 (68.4)	5 (8.8)	11 (19.3)	(3.5)
7. Speaking with an unfamiliar person on the phone.					
Control	1 (3.9)	17 (65.4)	5 (19.2)	3 (11.5)	0 (0)
Intervention	1 (3.2)	19 (61.3)	7 (22.6)	3 (9.7)	1 (3.2)
Overall	2 (3.5)	36 (63.2)	12 (21.0)	6 (10.5)	1 (1.8)
8. Hearing the phone ring from another room.					
Control	0 (0)	22 (84.6)	2 (7.7)	2 (7.7)	0 (0)
Intervention	1 (3.2)	22 (71.0)	6 (19.4)	1 (3.2)	1 (3.2)
Overall	1 (1.8)	44 (77.2)	8 (14.0)	3 (5.2)	1 (1.8)

9. Hearing the front door bell or someone knocking on the door.					
Control	0 (0)	19 (73.1)	5 (19.2)	2 (7.7)	0 (0)
Intervention	1 (3.2)	21 (67.7)	5 (16.1)	2 (6.5)	2 (6.5)
Overall	1 (1.8)	40 (70.2)	10 (17.5)	4 (7.0)	2 (3.5)
10. Hearing traffic (while walking outside or driving)					
Control	1 (3.9)	19 (73.1)	4 (15.4)	2 (7.7)	0 (0)
Intervention	1 (3.2)	23 (74.2)	3 (9.7)	3 (9.7)	1 (3.2)
Overall	2 (3.5)	42 (73.7)	7 (12.3)	5 (8.7)	1 (1.8)
11. Your amount of social contact (such as attending more social events or social situations or going out in public)					
Control					
Intervention	0 (0)	14 (53.9)	6 (23.1)	5 (19.2)	1 (3.9)
Overall	1 (3.2)	18 (58.1)	5 (16.1)	7 (22.6)	0 (0)
	1 (1.8)	32 (56.1)	11 (19.3)	12 (21.0)	1 (1.8)
12. Feeling embarrassed or stupid.					
Control	0 (0)	11 (42.3)	4 (15.4)	9 (35.6)	2 (7.7)
Intervention	0 (0)	17 (54.8)	9 (29.0)	2 (6.5)	3 (9.7)
Overall	0 (0)	28 (49.1)	13 (22.8)	11 (19.3)	5 (8.7)
13. Feeling left out.					
Control	0 (0)	11 (42.3)	7 (26.9)	8 (30.8)	0 (0)
Intervention	0 (0)	18 (58.1)	8 (25.8)	3 (9.7)	2 (6.5)
Overall	0 (0)	29 (50.9)	15 (26.3)	11 (19.3)	2 (3.5)
14. Feeling upset or angry.					
Control	0 (0)	14 (53.9)	5 (19.2)	7 (26.9)	0 (0)
Intervention	0 (0)	17 (54.8)	10 (32.3)	2 (6.5)	2(6.5)
Overall	0 (0)	31 (54.4)	15 (26.3)	9 (15.8)	2 (3.5)
15. Attending church or group meetings					
Control					
Intervention	0 (0)	18 (69.2)	4 (15.4)	4 (15.4)	0 (0)
Overall	0 (0)	24 (77.4)	3 (9.7)	2 (6.5)	2 (6.5)
	0 (0)	42 (73.7)	7 (12.3)	6 (10.5)	2 (3.5)

**Supplement 3.** Program Evaluation Questions and Distribution of Responses (Intervention N=33; Control N=24).

<b>Exercise sessions (Intervention Participants)</b>	<b>Strongly Agree n (%)</b>	<b>Agree n (%)</b>	<b>Disagree n (%)</b>	<b>Strongly Disagree n (%)</b>	<b>Don't know n (%)</b>
Overall, I was satisfied with the exercise program.	18 (55)	15 (44)	0 (0)	0 (0)	0 (0)
The exercise program was fun.	15 (45)	18 (55)	0 (0)	0 (0)	0 (0)
I did <u>not</u> enjoy the exercise sessions.	0 (0)	2 (6)	10 (30)	20 (61)	1 (3)
The exercises were too easy.	0 (0)	2 (6)	10 (30)	20 (61)	1 (3)
The exercise room was suitable for the program.	9 (27)	21 (64)	3 (9)	0 (0)	0 (0)
The fitness instructor clearly demonstrated the exercises.	17 (52)	16 (48)	0 (0)	0 (0)	0 (0)
The fitness instructor suggested modifications for the exercises to accommodate different fitness levels.	10 (30)	22 (67)	1 (3)	0 (0)	0 (0)
The fitness instructor was encouraging.	19 (58)	14 (42)	0 (0)	0 (0)	0 (0)
The fitness instructor was approachable.	19 (59)	13 (41)	0 (0)	0 (0)	0 (0)
The fitness instructor spoke clearly.	9 (27)	20 (61)	4 (12)	0 (0)	0 (0)
There were a good variety of exercises.	14 (42)	18 (55)	1 (3)	0 (0)	0 (0)
I have increased my physical activity level outside of the program.	9 (27)	16 (48)	5 (15)	0 (0)	3 (9)
By participating, I feel I improved my strength and stamina.	9 (27)	20 (61)	2 (6)	0 (0)	2 (6)
By participating, I feel I improved my balance.	7 (21)	15 (45)	6 (18)	0 (0)	5 (15)
By participating, I feel I improved my flexibility.	6 (18)	23 (70)	2 (6)	0 (0)	2 (6)
As a result of the program, I walk more often.	8 (24)	17 (52)	7 (21)	0 (0)	1 (3)
<b>Health Education Sessions (Intervention Participants)</b>	<b>Strongly Agree n (%)</b>	<b>Agree n (%)</b>	<b>Disagree n (%)</b>	<b>Strongly Disagree n (%)</b>	<b>Don't know n (%)</b>
The presentation topics were interesting.	13 (39)	20 (61)	0 (0)	0 (0)	0 (0)
There were a good variety of presentation topics.	12 (36)	21 (64)	0 (0)	0 (0)	0 (0)
The information presented encouraged group discussions.	17 (52)	16 (48)	0 (0)	0 (0)	0 (0)
I did <u>not</u> enjoy the group discussions.	0 (0)	1 (3)	15 (45)	17 (52)	0 (0)
I often participated in the group discussions.	5 (15)	27 (82)	1 (3)	0 (0)	0 (0)
I learned about a healthy lifestyle for the health education sessions.	10 (30)	20 (61)	3 (9)	0 (0)	0 (0)
I enjoyed the student presentations.	14 (42)	18 (55)	1 (3)	0 (0)	0 (0)
I would have liked more student presentations.	4 (12)	17 (52)	8 (24)	1 (3)	3 (9)
I enjoyed the guest speaker presentations.	14 (45)	13 (42)	1 (3)	1 (3)	2 (6)
I would have liked more guest speaker	7 (23)	14 (45)	4 (13)	1 (3)	5 (16)

presentations.					
The information presented was difficult to understand.	0 (0)	0 (0)	20 (67)	10 (33)	0 (0)
I could see the speakers clearly.	13 (42)	17 (55)	1 (3)	0 (0)	0 (0)
I could hear the speakers clearly.	14 (45)	15 (48)	1 (3)	1 (3)	0 (0)
<b>Walk Talk and Listen Program Overall (Intervention Participants)</b>	<b>Strongly Agree n (%)</b>	<b>Agree n (%)</b>	<b>Disagree n (%)</b>	<b>Strongly Disagree n (%)</b>	<b>Don't know n (%)</b>
The program helped me to feel more comfortable in social situations.	2 (12)	13 (76)	1 (6)	0 (0)	1 (6)
The program helped to improve my emotional and mental wellbeing.	3 (18)	10 (59)	1 (6)	0 (0)	3 (18)
Overall, my lifestyle is healthier since I joined the program.	3 (18)	10 (59)	1 (6)	0 (0)	3 (18)
I am confident that I will continue with regular exercise after the program ends.	5 (29)	10 (59)	2 (12)	0 (0)	0 (0)
<b>Group Auditory Rehab (GAR) sessions (Intervention and Control Participants)</b>	<b>Strongly Agree n (%)</b>	<b>Agree n (%)</b>	<b>Disagree n (%)</b>	<b>Strongly Disagree n (%)</b>	<b>Don't know n (%)</b>
The meeting room was suitable for the program.	10 (37)	17 (63)		0 (0)	0 (0)
The GAR sessions helped me to recognize and better accept my hearing loss.	22 (39)	31 (55)	2 (3)	0 (0)	2 (3)
The GAR sessions helped me to become more self-confident in speaking out about my hearing loss in social situations.	24 (42)	32 (56)	0 (0.0)	0 (0)	1 (2)
The GAR sessions helped to improve my stress management skills.	6 (11)	36 (63)	7 (12)	0 (0)	8 (14)
The GAR sessions helped me to change my attitude about hearing loss for the better.	19 (33)	35 (61)	2 (4)	0 (0)	1 (2)
The GAR sessions helped me gain more problem solving skills.	9 (16)	41 (73)	1 (2)	0 (0)	5 (9)

Notes: There were no differences between control and intervention groups for GAR session evaluation questions (all  $p > 0.05$ )