



Tips to help you if you have hearing loss

✓ **First things first**

Be open and **let people know** if you are finding it difficult to hear. Ask them to **get your attention** before they start to speak to you and make sure you can **see their face and lips**.

If you haven't heard, ask them to say it again, possibly **more slowly** or in a **different way** and to be sure you don't miss something really important have a pen and paper handy to **write things down**.

✓ **Dining Out**

Think about the best place to stand or sit. Avoid the middle of the room where you may pick up many different conversations. Ideally have your **back to a solid surface**. If you can have the **light behind you**, it will be easier for you to see gestures and facial expressions. Background noise will make it more difficult for you to hear. Often shops, cafes and restaurants will **switch off piped music if you ask**.

If you are planning to eat out, look for a quiet area or consider going **early or late** when cafes and restaurants are at their **quietest**.

Tiles and hard surfaces are likely to be echoey. You are likely to hear better in venues with **tablecloths, carpets, curtains and soft furnishings**. Rooms with **good lighting** will make it easier for you to see gestures and facial expressions.

Keep calm and be kind to yourself.

Remember that no-one hears correctly all the time.



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✓ Shops, Offices, Banks and other premises and venues

Many venues provide a system which connects to your hearing aids via the T setting. Look out for this sign, but be aware, you might need to ask staff to turn the Induction Loop on for you.



✓ Cinema and Theatre

Many venues offer subtitled or captioned performances, with discounts for companions. They usually provide an Induction Loop or an infrared system which you wear like a necklace.

✓ When you are at home

The process of listening can be quite exhausting. Giving yourself some time out provides the opportunity to re-charge. Use a favourite chair in a corner of a room, or somewhere else that is away from other people. Let others know when you are taking time out so that you will not be disturbed

There are lots of gadgets and blue tooth enabled devices that can help you such as TV listeners, vibrating alarms etc. Check out what is available from the NHS, hearing charities or your audiologist.

Enhance your lipreading skills. See the Resources Section, for information about Classes, Groups and Charities in your area.

Getting used to hearing aids can take a lot of perseverance

Don't give up !