It takes two
• Successful communication requires the efforts of two people. Work together toward increased effective communication!

It takes time
• Developing new habits is challenging. Don’t worry if the strategies don’t work perfectly from the beginning.

Practice makes perfect
• Practice using strategies with your family and friends!

Cope, don’t avoid!
• When faced with a challenge, problem-solve your way out of it!

For the Person with Hearing Loss
• Use key words to explain what you’ve heard
• Self-advocate
• Use hearing aids and assistive listening devices

For the Communication Partner
• Get listener's attention
• Introduce the topic
• Talk slowly
• Repeat once, then rephrase

For Both
• Walk before you talk
• Modify the environment
• Be patient!

Get advice from others with hearing loss
Joining a hearing-loss support group can be a great way to cope and continue to educate yourself! ALOHA is a fantastic local organization.

Make the most of your audiologist
Come to appointments prepared with questions about technology and a list of situations when hearing aids are, and are not, providing benefits.