



Living Well with Hearing Loss

Take Home Points

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.



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.



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.



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!