

Living Well with Hearing Loss

Practical Tips for Participating, Preparing, and Thriving

Hard of Hearing Peer Support Group

Hearing loss may change *how* we do things — but not **whether** we can do them. With preparation, tools, and self-advocacy, you can stay active, confident, and connected.

Communication Tips

- ✓ Let others know: “I’m hard of hearing—please face me.”
 - ✓ Ask for clear speech, not louder speech
 - ✓ Watch faces and body language
 - ✓ Reduce background noise when possible
 - ✓ Use simple requests:
 - “Please repeat that.”
 - “Could you slow down?”
 - “Can you say that another way?”
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Use Helpful Technology

- ✓ Keep hearing aids/cochlear implants clean and charged
 - ✓ Carry extra batteries or charger
 - ✓ Turn on captions for TV, Zoom, and streaming
 - ✓ Try assistive tools:
 - Captioned phones
 - Remote microphones
 - Bluetooth streamers
 - Speech-to-text apps (Live Caption, Live Transcribe, Ava, Otter)
 - ✓ Use flashing or vibrating alerts for alarms and doorbells
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Plan Ahead for Activities

- ✓ Call ahead to ask about hearing loops or assistive listening systems
- ✓ Request captions when needed
- ✓ Sit near the front with good lighting
- ✓ Review materials ahead of time
- ✓ Bring a buddy for support if helpful

Planning ahead reduces stress and listening fatigue.



Practice Self-Advocacy

- ✓ Speak up about what helps you hear best
- ✓ Educate family and friends
- ✓ Ask for accommodations at work, school, or events
- ✓ Remember — access is your right

Helpful phrases:

- “I hear best when I can see your face.”
 - “Background noise makes it hard for me.”
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Support Your Well-Being

- ✓ Stay social and involved
- ✓ Take listening breaks
- ✓ Join peer groups
- ✓ Share tips and experiences
- ✓ Be patient with yourself

You are not alone — support makes a difference.



Remember

Preparation builds confidence.

Small changes make a big difference.

Together, we can live fully and participate in everything life offers.