



Be honest

Be open about your hearing impairment to others to make them aware that you may ask them to repeat themselves.

Reduce background noise

Ask to move to a quieter place to reduce background sounds.

On the phone

Repeat what you have heard for clarification. This practice is especially good when you cannot see someone's face.

Turn your back to the noise

When you are in a noisy environment such as a restaurant, try to have your back to the noise and only the speaker in front of you.

Clarify

If you don't hear what someone is saying, ask them to say it again or in a different way.

Expectations

Even people with normal hearing do not hear everything perfectly all the time.

Repeating

Repeating the same thing several times frustrates both parties, whereas rewording something gives you a chance to think ...

Hearing aids

After a fitting if you still experience problems, make an appointment to discuss them with an Audiologist. Additional programs can be used for different situations.