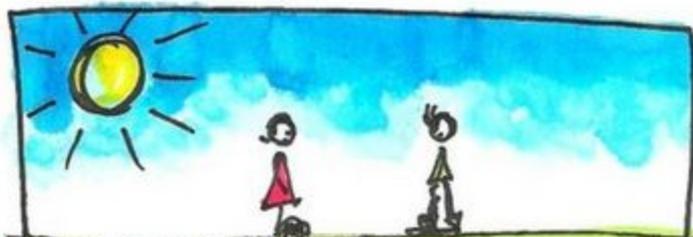
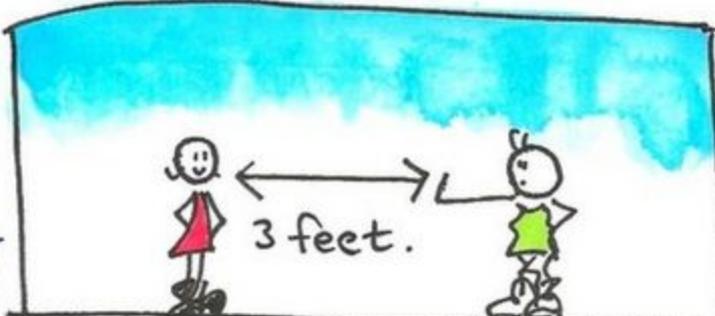


Ways to Help Yourself if You Have Hearing Loss.

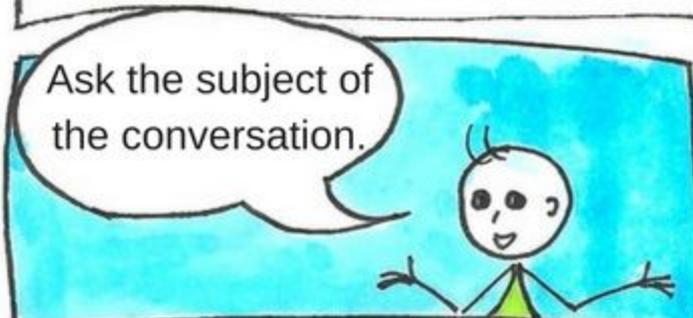
No one will know you are struggling to hear if you don't tell them. Most people want to help, so it's up to you to help them help you.



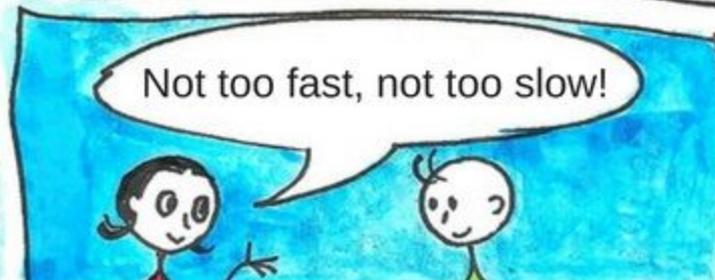
Find a quiet place with good lighting. Turn your back to the light, so it's on the speaker's face.



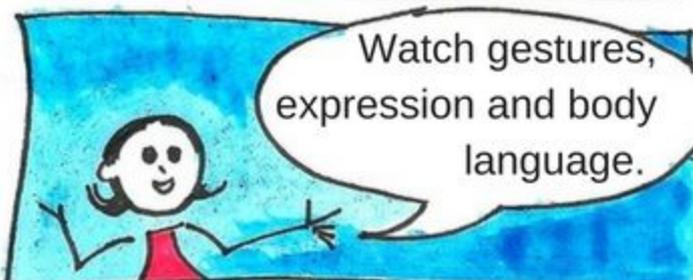
Don't stand too close, the optimum distance for a hearing aid is three feet.



Ask closed questions, with only a yes or no answer.



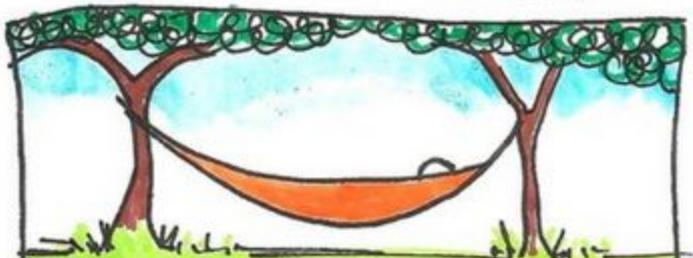
You might need to ask people to speak clearly and naturally.



If you can't catch something, ask them to repeat it / put it another way.



Carry a pen and paper so that others can write things down.



Relax and take regular breaks, lipreading can be exhausting.

