How to talk to your family about hearing loss
10 helpful tips

Based on an article by Shari Eberts: How to Talk to Your Family About Hearing Loss
https://journals.lww.com/thehearingjournal/FullText/2020/03000/How_to_Talk_to_Your_Family_About_Hearing_Loss.10.aspx
Courtesy of The Hearing Journal

TIP 1
Tell them about your hearing loss
Be upfront and open about your struggles to allow others to provide the help you need.

TIP 2
Explain what your hearing loss is like
Suggest that your family members wear earplugs to experience what it’s like to have hearing difficulties.

TIP 3
Bring your family to your appointment
Learning from an expert may help them understand your challenges. Your family can also help your audiologist get a sense of your most challenging situations.

TIP 4
Share your emotions
The more you share the frustrations that surround your hearing loss, the closer your relationships will be. Vulnerability is the path to true partnership.

TIP 5
Break down the stigma
If you are comfortable with your hearing issues, others will be too. Make your hearing loss a normal part of the family dynamic.

TIP 6
Teach them best practices
Educate family members about what they need to do to help you hear your best.

TIP 7
Invite them along
Involve your family in activities and volunteer events with your hearing loss community.

TIP 8
Create visual signals
Visual signals can be just as effective as asking “What?” and they won’t interrupt the flow of the conversation.

TIP 9
Experiment with new technologies
Ask your family to help you test new assistive listening devices to see if they make conversation easier when you’re in settings with background noise.

TIP 10
Bring your sense of humor
Keeping a light-hearted attitude can go a long way toward building family support.