

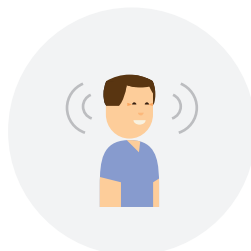
How to talk to your family about hearing loss

10 helpful tips



TIP 1 Tell them about your hearing loss

Be upfront and open about your struggles to allow others to provide the help you need.



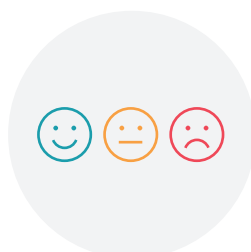
TIP 2 Explain what your hearing loss is like

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.