



## For people with hearing loss and their families

The resources below can help you support yourself to live well with hearing loss. Why not have a look and share them with family, friends, or your hearing care professional? If you're a clinician, consider sharing the resources with your clients that are relevant to them.

- [Getting ready for a hearing care appointment](#)  
Online questionnaires to help you organize your thoughts and concerns
- [Everyday life with hearing loss](#)  
Practical things you can do to make it easier to communicate in daily life
- [Communication tips when using face masks](#)  
Practical things others can do when wearing a mask to communicate clearly
- [Manage your tinnitus](#)  
Resources to learn about tinnitus and to communicate how you're feeling to your hearing care professional
- [Hearing loss stories](#)  
Videos of people with hearing loss sharing their experiences
- [We're all ears](#)  
Tips on helping your provider better manage your hearing loss
- [Mayo Connect](#)  
Online community for anyone with hearing loss
- [Ideas Worth Hearing](#)  
Practical suggestions for how you can raise awareness of hearing loss in your community

Ask your professional for contact details of a local hearing loss support group and note it down here:



Name of organization and contact person:

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Contact phone number or email address:

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