

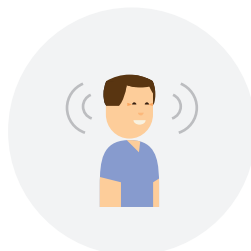
# How to Talk to Your Family About Hearing Loss

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.



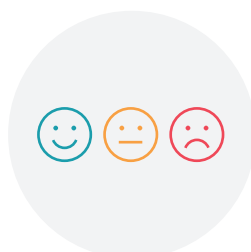
## **TIP 2** Explain what your hearing loss is like.

Suggest that your family members wear earplugs to experience what it's like to have hearing difficulties.



## **TIP 3** Bring them to your audiologist 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 about your hearing loss.

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 communication best practices.

Educate family members about what they need to do to help you hear your best.



## **TIP 7** Invite them to your self-advocacy efforts.

Involve your family in activities and volunteer events with your hearing loss community.



## **TIP 8** Create a visual signal for when you didn't hear something.

Visual signals can be just as effective as asking "What?" and 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.