

HEARING TIPS IF YOU HAVE A HEARING LOSS

Here are a few simple tips to help receive optimal benefit from your hearing device. These tips can also be used by those who do not wear hearing devices, but have difficulty hearing in certain situations.

1. **BACKGROUND NOISE:** Reduce the level of the background noise by simply closing an open window or door, turning off the television or radio or moving to a quieter area.
2. **VISUAL CUES:** Visual cues such as lip reading and facial expressions can provide assistance with conversation. You can only get better with practice, so practice reading visual cues by watching TV.
3. **MOVE CLOSER TO THE SPEAKER:** The further away you are from the speaker, the harder it is to see visual cues and hear speech.
4. **DINING OUT:** seat yourself with your back facing the majority of the noise
5. **AT HOME:** If you have hearing aids, always use your hearing instruments. The more you wear them, the better the brain will be at differentiating speech from noise. Acceptations are when you are sleeping, swimming or bathing.