

Own Your Hearing Loss

“What’s that on your head?”

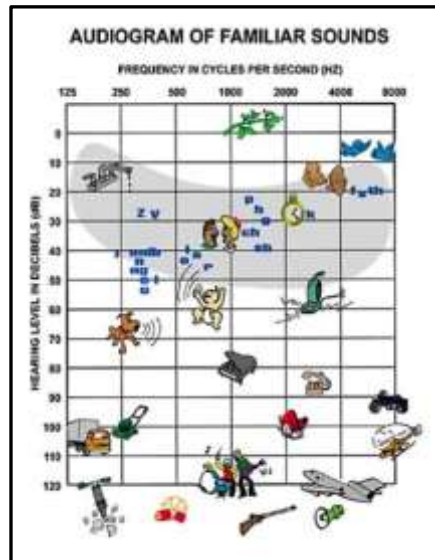
People are curious creatures! It is natural for others to want to know more about your hearing technology. You may benefit by being prepared and feeling comfortable answering these questions. Have a simple answer ready to go so you're never caught off-guard.

Example:

“I don’t hear all the sounds the way other people do. My hearing aids/CIs help me to hear better”

Understand the details of your own hearing

Everyone hears differently from one another. Learn what your particular hearing loss means for you: are there certain sounds you cannot hear? How loud must someone speak before you can hear? What happens when there's background noise?



An audiogram of familiar sounds can be a helpful resource when learning about your own particular hearing loss.

Work smarter, not harder by Wearing Your Technology

Your technology helps you understand people. The more you wear it, the better you'll feel and the more you will understand. As you grow comfortable and confident with your technology, others will respect and accept it as well.

Take Care of your Technology

Do these 3 easy things each day to keep your tech in great shape:

Clean your earmold
Check your batteries

Keep your technology in
a drying case at night

Tell your parents if your
technology is not
working



Set Yourself up for School Success

Even in the most tame classrooms, background noise can interfere with hearing your teachers and classmates. Remote mic FM/DM systems are useful tools to make sure you get all the important information you need.

Your teachers may need reminders to use the mic/transmitter during class. Ask your classmates to pass around the mic during discussions so you don't miss anything!

Good Idea!



Help your peers and teachers understand your experience by giving a short presentation on hearing loss and sharing all the cool details about hearing technology.

There are hearing loss simulations available on the internet that may be helpful in allowing people to “experience hearing loss.”

What was that?

Everyone experiences a communication breakdown here and there. Your friends and family want to talk to you, so don't be afraid to speak up. It is natural to ask “What?” or “Huh?” and sometimes this helps, but sometimes it doesn't! Try some of these specific strategies next time:

Repeat information you did hear, use a **WH- question** to clarify: *“I heard you say you went to a movie. What movie did you see?”*

Interpret what you think you heard, if it was wrong, your friend will correct you. *“You saw a new movie?”*

Reassure the other person that you want to understand. *“I want to hear about the movie you saw, but I didn't quite catch all of that.”*

Plan Ahead for Challenging Situations

Some situations are difficult for communication (the noisy cafeteria, group conversations with several people, etc.). By anticipating and preparing for these challenges, you can take charge and have a better experience.

Think ahead by knowing what you need, and making it happen. For example: Ask your friends to sit with you at the table in the cafeteria that is far from the crowded line. Sit face-to-face with your conversation partners. Remind your teacher to use the remote mic.

Meet Others Your Age with Hearing Loss

Connect with peers who also have hearing loss. There are many Facebook groups, social groups, and meetings available. Ask your audiologist for more information!

