

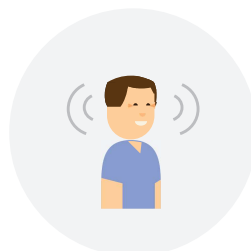
# How to talk to your family about hearing loss

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.



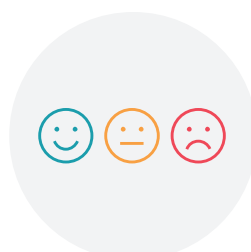
## TIP 2 Explain what your hearing loss is like

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.