

**10 THINGS
SOMEONE WITH
A HEARING LOSS
WISH OTHERS
WOULD KNOW**



1	<p>Get my attention: <i>So I can focus on you; please speak one at a time.</i></p>
2	<p>Give me quiet: <i>Off the TV, music, fan; and a quieter booth in a restaurant.</i></p>
3	<p>Hearing loss is tiring: <i>It takes all my energy to fill in the blanks of missing sounds.</i></p>
4	<p>I am not rude or stupid: <i>I am trying; please repeat and let me speak.</i></p>
5	<p>Be kind to me: <i>When you get frustrated, I would rather opt out and be alone.</i></p>
6	<p>Speak clearly and slowly: <i>Give my brain some time to process your speech.</i></p>
7	<p>Repeat and rephrase: <i>I will miss some, please repeat, rephrase or spell it out.</i></p>
8	<p>Face me when you speak: <i>Lip-reading helps me connect the dots when I can't hear you clearly.</i></p>
9	<p>Hearing aids are not glasses: <i>Sounds are louder but not 100% clear in noisy environments.</i></p>
10	<p>Give me context: <i>If all I hear is "ca" knowing it's about animals (cat) or headgear (cap) helps.</i></p>