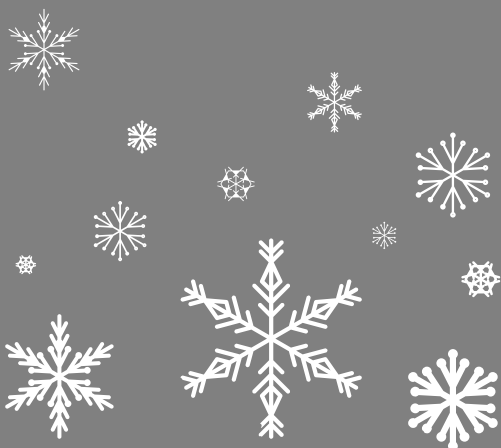


Holiday

Tips for hearing loss

Suggestions
for managing
the holidays
with a hearing loss



The Holiday How To With Hearing Loss

The holidays are a time to enjoy good food, and get together with friends and family to celebrate. However, all the reminiscing and planning can be overwhelming. To help you deal with the onslaught of holiday parties and gatherings, here are a few helpful tips:



Location, location, location

Although the gatherings you attend with your loved ones may be bustling with activity, find a quiet area for one-on-one conversations. This will help make your time there enjoyable. Whether at the dining table or the living room couch, place yourself in a position of “power.” For example, take a seat against the wall; it acts as a barrier from the ambient noise and allows you to enjoy the conversation.



The Buddy System

The more the merrier! After all, this is the time of the year that we spend with friends and family. Have a friend come along. They can be there as a support system, to help you break the ice or to relay messages that may be missed. Remember, all good things come in twos!



Express Yourself

Communication is key. If you are having difficulty hearing or are unable to communicate clearly, especially in loud situations, don't be shy. Non-verbal cues like hand gestures are a great way to express yourself and to show your fellow party-goers that you are not understanding them. Other factors, such as the volume of the music or lighting can affect your ability to participate in conversations. So, even if it is your favorite song, or the lighting is 'just right,' don't let these factors affect your ability to get your message across. This non-verbal aid will allow the other person to adjust to your needs.



Relax, Release, and Rejoin

The holiday season should be a time of enjoyment. Once the preparations are done, it is time to celebrate! However, with all the merrymakers wandering around it can be overwhelming. Do not hesitate to take a "me" moment. Excusing yourself from the din will allow you to have a moment to regroup and re-energize. When you are ready, rejoin the festivities.

