

Household tips

Location:

If possible, have a social area away from the kitchen. The sounds of pots and pans, dishes and utensils, can make things difficult for those with hearing loss. The hard surfaces of the kitchen can also make sounds reverberate. Having a different area to socialize, away from the kitchen, with soft furniture, drapes, and carpets to improve sound quality, will help people be able to hear and join in the conversation. And let's face it, it's more cozy!

Having a designated seat for the family member or friend with hearing loss can really make a difference. If possible, give them a spot with their back against the wall. That way they are more likely to hear the conversation.



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Background music:

Holiday music or movies can be festive at this time of year, but they also make it difficult to hear. Turning off the background noise really helps. Even if you are not hard of hearing, you may find it helpful to turn off the music so you can focus on hosting without getting distracted by grandpa's off-key version of Jingle Bells!

Lighting:

Many people with hearing loss use visual cues (speechreading) to help understand what people are saying. Ensuring good lighting at the dinner table will make it easier for them to follow the conversation.



*Suggestions for
Friends and Family*

Holiday Accessibility Guide

— Tips for hosting people with —
hearing loss



**Hear Entendre
Québec**

The Holidays and Hearing Loss

The holidays are a time to get together with friends and family to celebrate and enjoy good food. However, these joyous occasions can be quite challenging for those who have hearing loss. Crowded rooms, background noise and group conversations can be overwhelming and tiresome.

Here are some tips to ensure that your hard-of-hearing guests enjoy the gathering.



Communication is key

Some of the best holiday moments involve catching up with loved ones, but these conversations can be challenging for people with hearing loss. This is because hearing aids and cochlear implants amplify clattering utensils, laughter, running water, and other background noise to the same level as your voice.

We at Hear Québec live by ten golden strategies for communicating with people with hearing loss. We encourage you, as a family member or friend, to use these ten strategies to make the occasion as enjoyable as possible.

- Get their attention before starting to speak
- Face them
- Speak slowly and clearly
- Don't shout
- Use facial expressions and body language
- Rephrase rather than repeating
- Turn off background noise
- Use good lighting
- Use a pen and paper when necessary
- Don't cover your mouth while speaking

Be Inclusive

If you know ahead of time that one of your guests is hard of hearing, try reaching out to them to go over the planned activities and talk about strategies to help them feel included. The more your guest knows about what to expect at your event, the more comfortable and confident they will feel about attending.

