

T-coil



Some hearing aids are equipped with t-coil technology. T-coils work in conjunction with most assistive hearing devices (such as a sound system or a speaker). It is a small wireless antenna in the hearing aid that links to a sound system or PA system. This delivers the sound from the speaker directly to the hearing aid or Cochlear Implant. T-coil technology has changed people's social life for the better. Ask your acoustician (hearing aid provider) about it today!

Wear your hearing aids and understand its functions

In some environments it can be intuitive to take off your hearing aids due to background noise. This is not recommended. Ask your acoustician if there are functions on your hearing aid that can help decrease the background noise. Communication strategies such as sitting with your back against the wall or speechreading can be helpful in these situations. Also don't be shy to take a break from the noise from time to time in a quieter location.

FM Systems



This is a wireless assistive listening device that transmits sound from the person speaking to the listeners. This helps those with hearing loss to better hear a speaker from a distance and is especially useful in a noisy environment.

Speechreading/ Lipreading



As oral communicators, when our hearing declines we need to adapt new communication strategies to help us still feel included. In brief, speechreading consists of paying attention to someone's lip, tongue, and facial movements within the context of the conversation to assist your understanding. Speechreading cannot be underestimated as a valued tool to keep you in the conversation. If you are having a conversation with someone that is HOH (hard of hearing) face them to facilitate this.

Live Transcribe



For those of us that are smart phone friendly, there is a free app called LIVE TRANSCRIBE that can change the game for HOH folks. This app works on Androids only, although IOS has a similar app called Otter. The app uses the microphone to pick up the conversation that is going on and types it onto the screen in real-time with little to no delay. It can be expensive to have events closed captioned for a few hours, as you have seen at Hear Québec events. This free app is a great option for interactions in your daily life.



Hear Entendre
Québec



Managing hearing loss is about feeling included. We need to take the necessary steps to not feel disconnected from the people around us.

Hellen Keller once said, "Blindness cuts us off from things, but deafness cuts us off from people."

Hear Québec wants all of our members to feel included no matter their race, ethnicity, gender, disability, and of course, hearing loss. With these tips, we hope that all our members can embrace their differences and not feel divided.

It is important to note that there is no cookie cutter solution for anyone with a hearing loss. It is a good idea to try and use as many of these tips as possible and to figure out what works for you.

The power of letting friends, family, and colleagues know about these accessibility measures cannot be underestimated. Some of these tips require a team effort, and it is not the person with hearing loss who is solely responsible.

Telephone Devices



Telephone calls can be dreaded for some people with hearing loss. An adapted telephone or cell phone can help you with your day-to-day phone calls and important calls with your friends and family.

Some smart phones and hearing aids are equipped with Bluetooth technology. This means that phone calls can be directly transmitted to your ears to help improve the received sounds. This is definitely a game changer for those who struggle with phone calls.

Closed Captioning



Most of us know about captioning, however, the advancements in CC technology in the past few years has been quite remarkable. Most videos, all streaming services, and most TVs are capable of providing CC. It makes it SO much easier to follow the dialogue and not feel excluded from the riveting plot (or not so riveting plot) that is on the screen.

Facetime/Skype/ Video chat



Using video phone calls helps piece together some of the conversation that you may miss if you were just on a telephone. Using a video chat app makes it easier to know if there is a switch in who is speaking and you have the added bonus of being able to speechread.

Know your environment

If you are going to a social gathering, consider the environment beforehand. It helps to know if there is a hearing loss friendly place to sit and talk in your friends and families homes. If you know someone is coming over that is HOH, try to plan your gathering away from the noisy kitchen and lessen background noise by keeping music to a minimum. A hearing loss friendly restaurant means that the staff are accommodating, it has seating arrangements that make conversation easier (ex. smaller tables and no backlighting), as well as having private rooms. You can find a list of these establishments in our Spring 2018 HEARHEAR Magazine at www.hearhear.org

Self-Advocacy

If you're HOH, learning to self-advocate is an important tool at your disposal. Telling family, friends, and colleagues the best ways to communicate can help you feel included. It can also ease some of the tension that may come up with miscommunication. Even telling the wait staff or bank teller one communication strategy can go a long way. Some strategies to consider are asking someone to rephrase rather than repeat, to face the person they're talking to, and to make sure they have the attention of the person they're speaking to.

For family, friends, and colleagues, it also helps for both parties to be patient with one another and find a communication strategy that works. It can be difficult but by slowly working together it can become easier.