



Helpful Hour:
Your homelife, your hearing



Hearing Dogs
for Deaf People

Hearing Link Services

1. Your home and household – looking after yourself

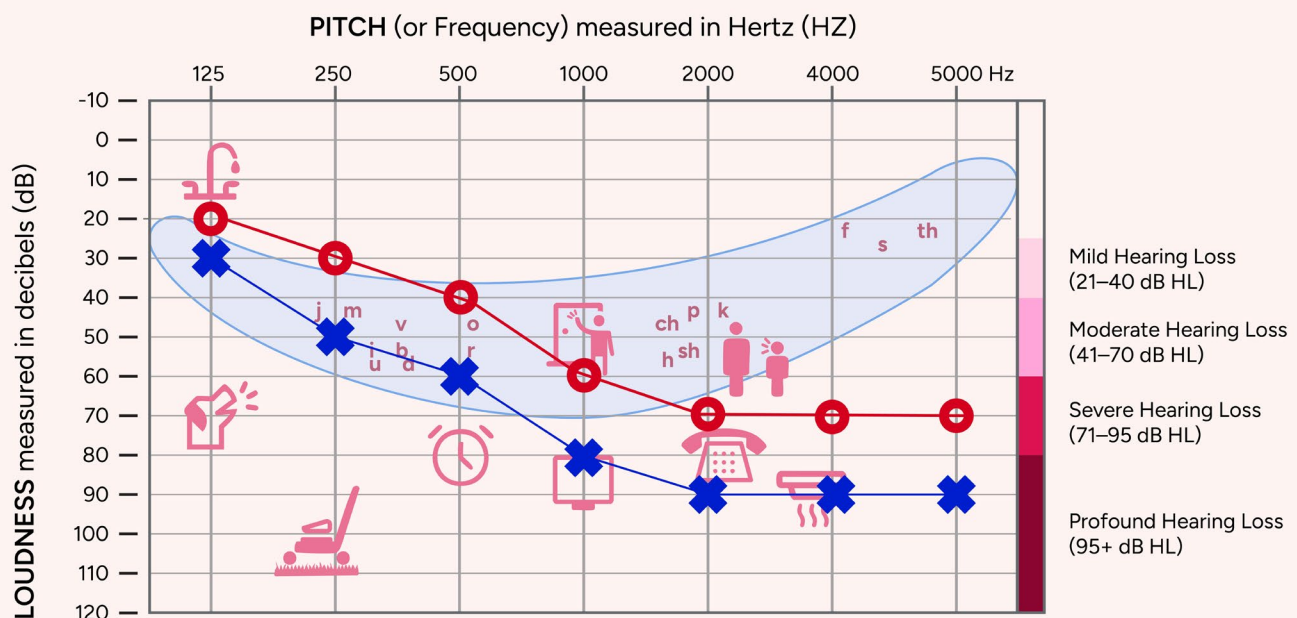
Every home and family is unique and hearing loss affects lives in many ways. Whatever your situation, finding solutions that work for you and help you to manage better is essential.

Explaining your hearing to others

It may seem obvious but explaining what you can and cannot hear is really the first step to living better with hearing loss. Helping your friends and family understand your hearing challenges is a positive step towards making life easier and creating a safer environment for you at home.

When you are thinking about explaining your hearing consider these things:

- Just telling people you have hearing loss doesn't always help. It can be quite difficult for them to understand the impact it has on you.
- You can use the 'speech banana' below to explain what sounds you can or cannot hear and how that affects your day-to-day life.



In this example anything shown above the red (right ear) or blue (left ear) line would not be heard. This person would find it hard to hear the telephone and j, m, v, o and r sounds and would not be able to hear a tap dripping or ch, p, f, s, th sounds for example.

Remember to ask your audiologist for a copy of your audiogram.

Your home environment

Your home should be somewhere you can relax and feel secure. So, it's important you invest some time to think about how you can minimise any challenges your hearing loss creates. Be solutions focused! There are simple things you can change that make a big difference:

- **Lighting** – crucial for lipreading and visual cues. If you can't see the person clearly, it'll be harder to hear them, so make sure your living areas are well-lit.
- **Noise reduction** – try to limit background noise (like washing machines, tv, radio) so you can focus more on the sounds you most want to hear.
- **Room acoustics** – adding soft furnishings like carpets, curtains and upholstered furniture helps to cushion sound, reduce echo and make it a little easier to focus.
- **Layout** – consider arranging seating in small groups rather than spread out so it's easier to see faces, lipread and follow conversations.

Looking after yourself

Prioritising your needs is a must and will have a positive effect on everyone who lives with you or visits your home.



Bear in mind that living with hearing loss can be tiring. If you need to, take a little break and recharge:

- Consider removing your hearing aids (if you use them) or finding a peaceful spot.
- Do some breathing exercises or relaxation techniques.
- When you're ready you can pick up where you left off hopefully with a little more energy than before.

Useful links

(These links open external sites. We are not responsible for content on these sites.)

Learn more about hearing loss – hearingdogs.org.uk/support/hearing/about

Creating a good communication environment – hearingdogs.org.uk/NDCSAdvice

Breathing exercises – breatheyourbestlife.com

Find out more about hearing tests and the speech banana – hearingdogs.org.uk/testing