



Helpful Hour:
Your homelife, your hearing



Hearing Dogs
for Deaf People

Hearing Link Services

4. Technology – what helps?

Tools and technologies can make life with hearing loss a little easier and more enjoyable. Consider the challenges you face and work towards finding solutions that suit you.

Home alerts:

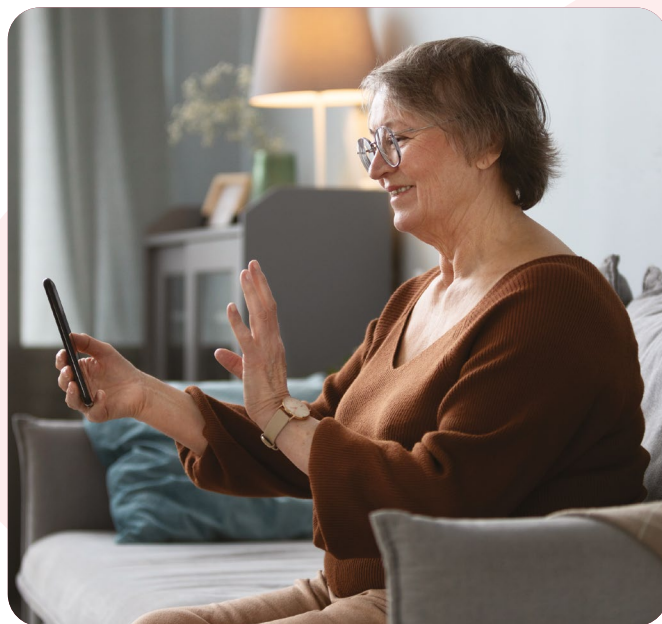
- **Waking up:** try an alarm clock with a vibration pad, extra loud alert, flashing light, or a smartwatch that can vibrate.
- **Visitors:** solutions include a portable wireless doorbell, a Signolux Tower (flashing symbols, loud tones, portable around the house) or a video doorbell linked to your phone.
- **Other alerts:** there are a wide range of deaf-friendly alerting devices available including timers, baby monitors, smoke / carbon monoxide alarms and intruder alerts.
- Book a 'Safe & Well' visit with your local sensory support team.

Communicating by phone and messaging

Landlines can be adapted with amplified handsets or sound notification lights. Smartphones have accessibility settings for flashing notifications, vibration patterns, or adjusting sound clarity.

You can also connect your phone to your hearing aids via Bluetooth® or a streamer.

Smart phones often have settings which can transcribe incoming calls or radio and pre-recorded podcasts. Check what your mobile can do for you.



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“With technology, everything you dream of exists, but you don’t need everything! Find what works for you”

– Emmanuelle, Peer Support Volunteer

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Home entertainment – TV, music, radio:

- Ask your audiologist about audio settings on your hearing aids, there are all sorts of ways you can adjust them to improve performance.
- Use hearing aid compatible headphones, soundbars, speakers, home hearing loop systems, and personal listeners to improve your experience.
- Streamers can send TV/radio sound directly to hearing aids/headphones.
- Small changes in your TV's settings such as adjusting treble and bass and adding captions can make it easier to follow dialogue.
- You can also link your TV to a remote speaker near to you to enhance sound.

Socialising:

- In groups or noisy places, adjust your hearing aid settings to better pick up conversation. Most aids have settings like 'forward focus' or 'noise reduction' to improve performance.
- Table mics, mini mics, and personal listeners can send speech directly to hearing aids.
- There are a range of smartphone captioning apps available – find one that works for you.

Communication app

The **Relay UK service** is available to help people to communicate over the phone. You type your message, a Relay assistant reads it to the other person and then types their reply back to you. You can use it via the Relay UK app.

In case of emergency

Remember! For emergencies, you can register your mobile phone with the emergency SMS service by texting "register" to 999. After registration, you can text 999 to connect with police, ambulance, fire, or coastguard. **You must register in advance to use it.**

BSL users can use [999bsl.co.uk](https://www.999bsl.co.uk) or the 999bsl app. TapSOS is a smartphone app that enables communication with the Emergency Services in a non-verbal way.

Sensory support services – Local authorities offer a range of services (including 'Safe and Well' visits, hearing aid batteries, assistive listening devices, and general advice) to support people with hearing loss. The services offered depend on location. Find out what is available from your local authority at – [gov.uk/apply-needs-assessment-social-services](https://www.gov.uk/apply-needs-assessment-social-services)

Useful links

Head to hearingdogs.org.uk/usefulorgs for information about where to find assistive devices and support options.

Learn more about apps that can support you – hearingdogs.org.uk/apps

To find out more about the Relay UK service visit – hearingdogs.org.uk/relayuk