



Helpful Hour:
Your homelife, your hearing



Hearing Dogs
for Deaf People

Hearing Link Services

5. Looking ahead: support, solutions and staying positive

Hearing loss can affect home life. It can cause disruption, and it might change how confident you feel in your home. We know that peace of mind can be impacted, and it can lead to challenging times. But there are solutions and strategies to help you cope better regardless of the type of household you live in.



Top tips from our Peer Support Volunteers:

“

It's OK to ask for help: you deserve it and it's available.

”

“

Think about your needs and a solution of some kind can be found.

”

“

One size does not fit all: find out what works for you and your life.

”

“

**Keep talking: keep sharing:
keep telling friends and
family what you need.**

”

“

**Remember it's like stepping
stones, slippery at times but
just keep moving forward.**

”

Remember to try to:

- Stay connected – consider the ‘how’ – how can you more easily stay connected?
- Stay motivated – remember the ‘why’ – the more effort you put in to managing your hearing the more you will get out.
- Stay engaged – plan the ‘where’ – think of the planning and communication tips covered in this Helpful Hour and how they can help support you in different environments.
- Stay positive – reflect on your progress and what worked or didn't, constructive thinking is the way forward.
- Stay receptive – remain open-minded and don't be afraid to try new solutions.

Useful links

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

To find other services that could support you visit hearingdogs.org.uk/support

Hear Me Out! aims to help hearing people understand more about hearing loss – you can find blogs, podcasts and a huge range of information on their website – hear-me-outcc.com

Read the blogs of Carly Sygrove about her experience of sudden sensorineural hearing loss and how it affected her life – myhearinglossstory.com