



Helpful Hour:
Out and about with hearing loss



Hearing Dogs
for Deaf People

Hearing Link Services

1. Understanding the challenges

Everyone's life is unique and hearing loss affects people in many different ways. Whatever your situation, finding solutions that work for you and help you to manage better is essential.



What makes going out with hearing loss difficult?

Whatever your personal story, adapting to hearing loss and changes in your hearing can make going out feel trickier than it used to be. You might have tried and had mixed success, or found that your confidence has taken a knock. You may find it tiring or need to manage other challenges such as tinnitus or balance issues.

With this in mind, thinking about the benefits of going out can help you prepare for challenges.

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“Being out and about has a positive effect on wellbeing and reduces isolation so it's important to persevere even though it may seem daunting. It will get easier as you become more accustomed to the challenges and know there are solutions.”

– Sylvia, Peer Support Volunteer



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If you are not sure where to start, try this:

1. Make a list of activities you enjoy or would like to try – maybe you used to take part in something and have stopped, maybe you fancy trying something new. Jot them down as a starting point.
2. Prioritise those that you think could be achievable – you might not be able to do some things in the same way you used to but maybe there is a suitable compromise? Maybe things have changed since you last tried and now what used to be impossible might be possible?
3. Dive in and find out more. Use the 'Out and about with hearing loss' information sheets to guide you as you take steps forwards.



Useful links

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

Tips for everyday wellbeing: mind.org.uk/tips

Mental health benefits of physical activity: nhs.uk/wellbeing

Blog and book about living with sudden hearing loss, balance disorders and tinnitus: myhearinglossstory.com