



Helpful Hour:
Out and about with hearing loss



Hearing Dogs
for Deaf People

Hearing Link Services

5. Your next steps – giving it a go



Be proactive

Taking an active role in finding what works for you can make a real difference. You know your needs best, and you are the expert in what helps and what does not. Being proactive doesn't have to mean big things, it can be as simple as trying one thing differently and seeing how it goes.

Focus on what helps

Try to focus on what supports you, rather than what feels difficult. That might mean being upfront about your hearing loss, trying different

ways of communicating, or using technology and tools that make things easier. If one approach doesn't work, that doesn't mean you've failed, it just means you've learned something and can try another way.

Take it step by step

Confidence rarely comes all at once. It builds through experimenting and experience. Small steps really do count, whether that's going to a new place, staying a little longer than last time, or trying a new activity. Setbacks will happen, and that's normal. It's part of moving forward.

You are not alone

Many people with hearing loss face similar challenges. Connecting with others in similar circumstances – through groups, clubs, or shared experiences – can really help.

Give yourself credit

Trying new things and facing challenges takes courage. Enjoying going out, discovering new things, and gaining confidence in everyday activities happens over time. Give yourself a pat on the back for being out there, and for not giving up. You are probably doing better than you realise.



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“With the right support, approach and tools, it is possible to enjoy doing the things that matter to you in your own way, and at your own pace”

– Helen, Peer Support Volunteer

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Useful links

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

Lipreading classes: atlalipreading.org.uk

In-person courses for deaf learners:
hearingdogs.org.uk/citylit-inperson

Learn more about living well with hearing loss:
hearingdogs.org.uk/at-home/

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

If you have questions about hearing loss or would like some support please email our team at
helpdesk@hearingdogs.org.uk