

Making the most of your hearing

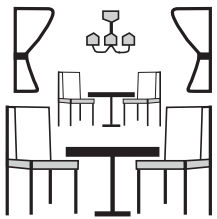
Minimize the noise

Smaller and quieter is better



- Choose social venues and restaurants with carpeting and no live music
- Go at off-peak times if you can
- Ask for music to be turned down
- At home, shut doors and turn off noisy appliances.

Pick the best spot in the room



- Avoid sitting near large groups, open doorways, or kitchens
- Choose a seat or table in a corner or against the wall
- Sit with your worse ear to the noisiest part of the room.

Maximize the message

The more you can see – the more you can hear



- Sit facing the speaker – not next to them
- In a group, choose a round or square table rather than a long one and sit opposite the person who is hardest to hear
- Choose a well-lit area with your back to the window
- Avoid talking to each other from different rooms.

Avoid confusion

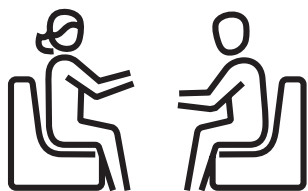


- Sit no more than 1 to 2 metres from the speaker
- Take turns speaking
- Repeat important instructions or appointments to check you've got it right
- Don't be afraid to get things in writing!



Take Control!

Plan Ahead!



- Keep a list of ‘hearing friendly’ coffee shops, restaurants, and venues
Or use an app.
- Book a preferred table in advance
- Arrive early for best seating choices.



- Check if there are any assistive listening devices, like headphones or loop systems available at cinemas or auditoriums.



- Be assertive and let people know how they can help
- Enrol in a hearing and communication support group.



- Get written copies of timetables, programmes, menus, or maps before you go
- Carry a pad and pen – just in case!

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