



# Living with Hearing Loss

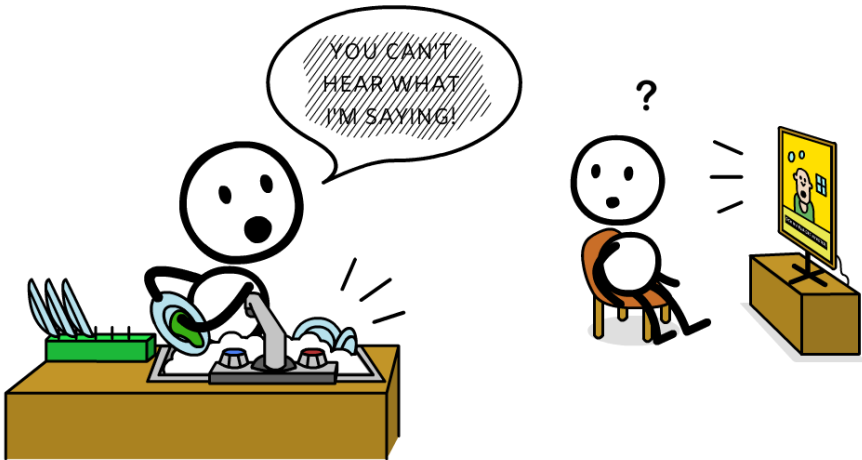
EXCUSE ME, CAN  
YOU TELL ME  
WHAT TIME IT IS?



What's it like to live with hearing loss?

Some people say it's like a constant guessing game. You can hear something being said, but you can't hear exactly what.

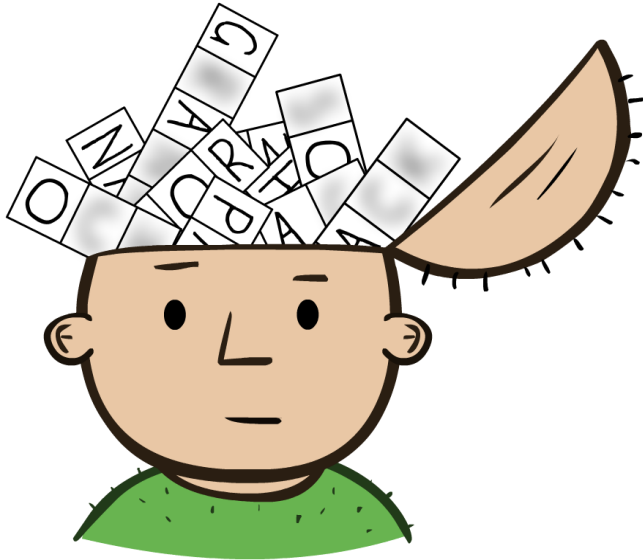
The degree of hearing loss varies from person to person, everything from "can't quite make it out" to barely hearing anything at all – the spectrum is broad.



In individual conversations, it may go well, but it depends a lot on how we communicate and on the sound environment.

Common signs of hearing impairment are that you often have to ask for repetition and that you become tired of listening.

Relatives can notice it by often having to repeat themselves and that the TV volume is high.

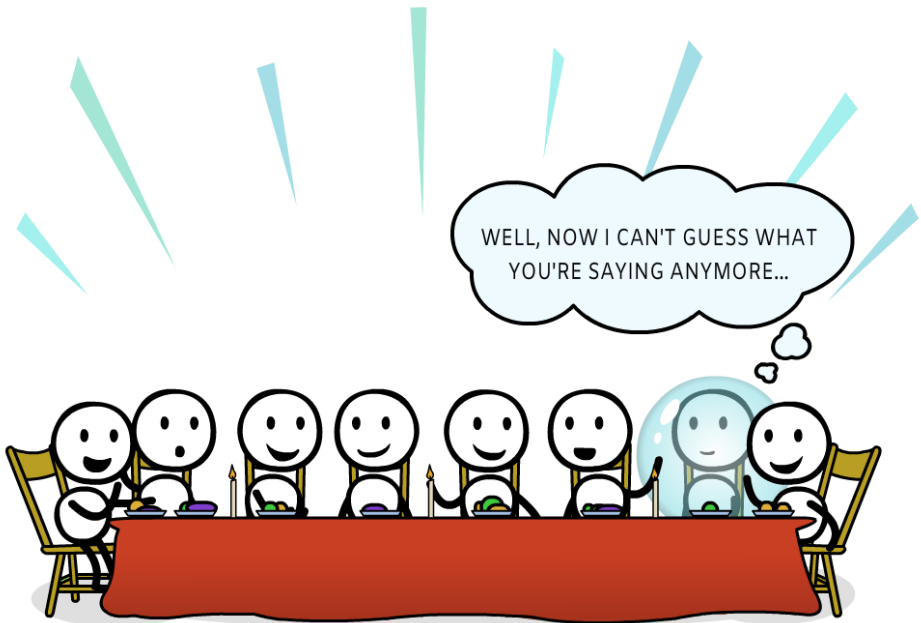


The constant guessing game means you must exert more effort to figure out what's being said.

It can be harder to keep up in conversations, and harder to remember what has been said.

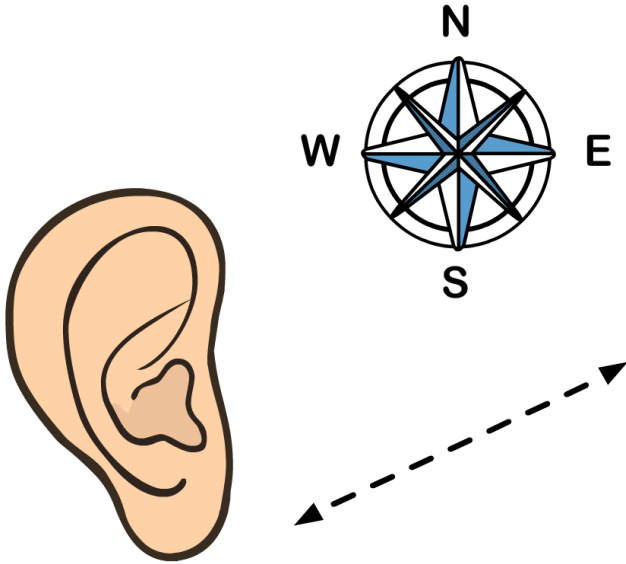
It can also get harder to listen and do other things simultaneously, such as making notes and thinking of things to say.

*How much do you feel you have to exert yourself in conversation?*



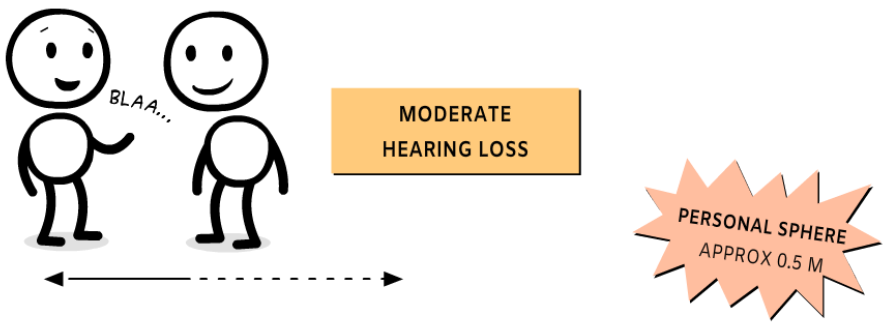
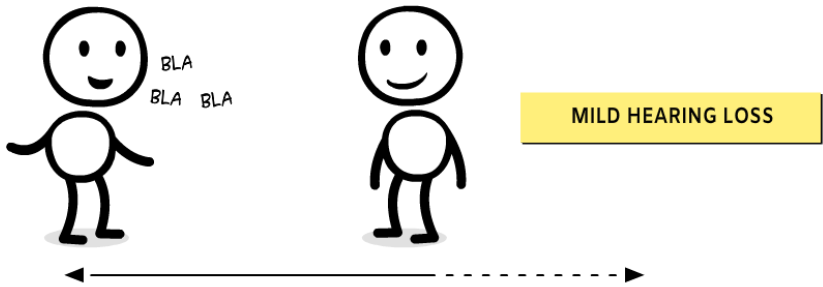
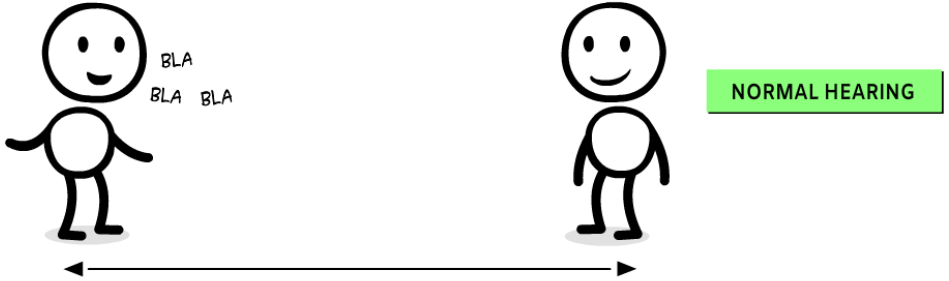
It's especially difficult in noisy environments and larger groups to filter out what you want to hear from the rest of the noise.

*How do you feel at larger meetings?*

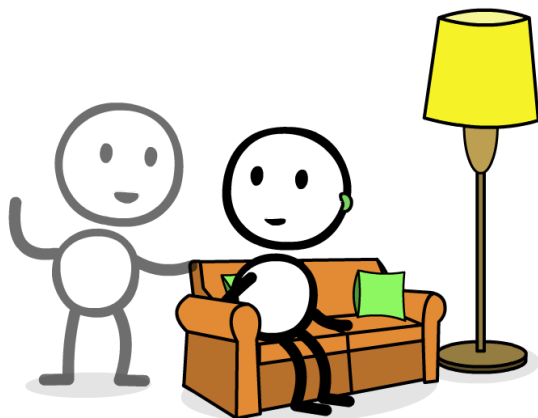


Some people with hearing loss also struggle with the conversation at longer distances and localizing sound.

*How close do you have to be to have a normal conversation?*



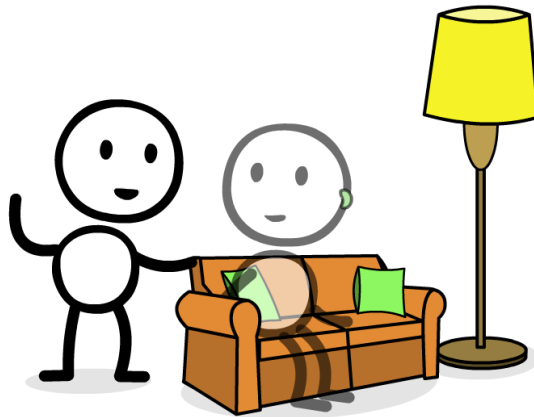
Communication always involves at least two parties and hearing loss affects all parties.



Things that may feel difficult for *people with hearing loss*:

- Having to ask people to repeat things and misunderstandings
- Having to exert yourself to hear what's being said
- Being perceived as a "bad listener"
- Not feeling equally included in social situations
- Being afraid of being a burden to friends and family

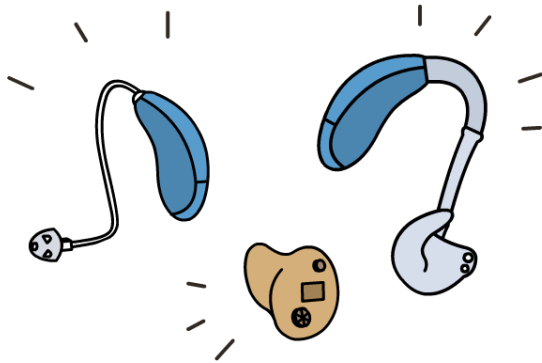




Things that may feel difficult for *people in the surroundings*:

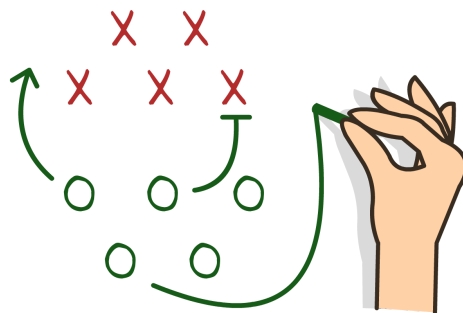
- Being misunderstood and having to repeat yourself
- Having to exert yourself for the other person to hear
- Feeling like you're not being listened to
- Not being able to socialize together like you used to
- Feeling like you're not able to support your relative enough.

Hearing loss affects almost all areas of life. So what can we do about it? Here are a few suggestions:

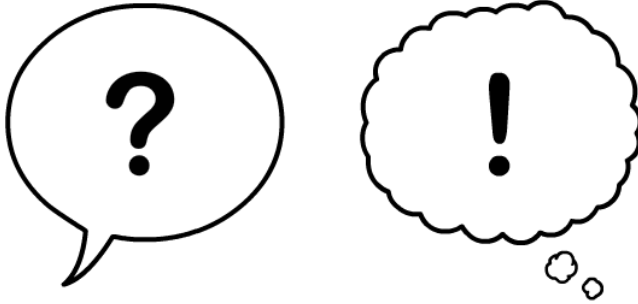


**Hearing aids** are fantastic miniature sound systems. They do not restore hearing but can make everyday things easier.

There are also special technological assistive devices for TV, telephones, meetings at work and lectures.



**Communication strategies** are an important complement to hearing aids. In most situations, you and your relations benefit from thinking about where you stand and avoiding background noise.



Would you like to talk about your situation? **Counseling** can help you if you feel it's hard to accept the everyday struggle that comes with hearing loss.



Depending on where you live you'll have different options. Investigate what kind of help you can get in your specific area.



Erik & Alexia Nästesjö Todd  
*hosaudionomen.com*