

Holiday Madness: Tips from Arlene

Seven Tips to Better Communication

1. *Realize that large social groups, especially around a large dining room table, are one of the most difficult environments for a person with a hearing loss. Be kind to yourself. Focus on the positive things that you can do, and not on the negatives of what you have difficulty doing. Think the glass is half full, not half empty.*
2. *It's easier to talk with people one-on-one in a quiet environment than in a noisy living room. So:*
 - *Find a favorite friend or relative, and move the conversation into a quiet room, or a quieter corner. Or play a game or read a story to a child, if that's an option.*
 - *Help out in the kitchen where there are usually less people gathered. And if you help with some preparations, you'll be doing something besides trying to hear.*
3. *When sitting down to dinner, make sure you choose a seat that is best for you! Here are some seating suggestions:*
 - *If you have a "better side," seat yourself so that most people are on that side.*
 - *Seat yourself next to a person you usually have the least difficulty hearing or lipreading (avoid those folks with bushy mustaches and beards!)*
 - *Seat yourself next to someone who usually has the patience to clue you in on what the conversation is about, or the punch lines you'll miss.*
 - *Try not to seat yourself facing a window because the glare could make it difficult to see people's faces.*
 - *Ask your host to turn off any background music during dinner. And if a football game is blaring from a TV, turn it off or if that's not an option, set it on mute.*
 - *Remember to be assertive about your needs! Pleasant and polite, but assertive!*

4. *Conversation tips:*

[Read the whole article.](#)

HLAA provides information about various technologies, services, products or organizations to our members for their examination. Inclusion of any technology, service, product or organization does not mean HLAA endorsement nor does exclusion of these mean disapproval.

JOIN HLAA AND RECEIVE THE HEARING LOSS MAGAZINE AS ONE OF YOUR MANY BENEFITS

When you join HLAA a portion of your fee goes to your local chapter

