

## **Hearing with Background Noise**

When presented with noisy situations, consider these tips to help you hear more clearly.

**In public places, ask to be seated in quiet areas like next to a wall or away from heavy traffic areas.**

- Don't be shy with your needs. You can also request a quiet area when making your reservation.
- Find out the hours that are least busy and make plans to visit then.

**Sit near the front of a venue or by the individual speaking.**

- Sound weakens over distance, so sitting closer to someone will make it easier to hear him/her.

**Supplement your hearing aids.**

- Use assistive listening devices (ALDs) whenever possible. Invest in your own ALD or utilize those provided by many theaters and other venues.
- Look for the hearing loop logo. The blue sign with an ear on it signifies that the area is looped with a wire that will transmit sound from a speaker directly into your hearing aids. In such circumstances, switch your hearing aid to telecoil or T-mode.

**Relax when conversing.**

- Listening is harder when you are tired or stressed.
- Don't become tense or nervous if you can't understand, simply ask the speaker to repeat him/herself or ask for an unheard statement to be reworded.

**Invest in a remote control that allows you to adjust the microphone and directionality of your hearing aids.**

- Let your family know that they can help you by speaking in a normal tone, looking directly at you, speaking near you, and rephrasing, if necessary.