

10 THINGS SOMEONE WITH HEARING LOSS WISH OTHERS WOULD KNOW



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Ear Nose Throat
& Hearing Centre
(Child & Adult)

01

Get my attention:

So I can focus on you;
please speak one at a time.

02

Give me quiet:

Off the TV, music, fan; and a
quieter booth in a restaurant.

03

Hearing loss is tiring:

It takes all my energy to fill in
the blanks of missing sounds.

04

I am not rude or stupid:

I am trying;
please repeat and let me speak.

05

Be kind to me:

When you get frustrated, I would
rather opt out and be alone.

06

Speak clearly & slowly:

Give my brain some time
to process your speech.

07

Repeat & rephrase:

I will miss some;
please repeat, rephrase or spell it out.

08

Face me when you speak:

Lip-reading helps me connect the dots
when I can't hear you clearly.

09

Hearing aids are not glasses:

Sounds are louder, but not 100%
clear in noisy environments.

10

Give me context:

If all I hear is "ca_" , knowing if it's about
animals (cat) or headgear (cap) helps.