

“HARD OF HEARING CAMPAIGN”

Self help for those who have hearing loss

1. Admit that you have a hearing loss! Most people suffer hearing loss as they grow older – so you are not alone. About 10 million people in UK are hard of hearing!
2. Disability legislation gives you the right to receive help in many situations – use those rights!
3. Demand assistance when you cannot hear:
 - When microphones are not available, not used, or are used incorrectly
 - When loop systems are not available or are not in use
4. Seek help – free NHS advice and hearing aids via your GP or from other professionals if you prefer.
5. Consider joining a lip reading class.
6. Be aware that Action on Hearing Loss (Formerly the Royal National Institute for the Deaf) sells a range of practical devices especially suitable for people with hearing loss – alarm clocks, telephones, door bells, and similar devices.
7. Consider using sub-titles when watching TV or films – support campaigns to extend the use of subtitles.
8. Take part in our campaign to improve the assistance available to people with hearing loss.
9. Makes sure your local Councillor knows your problems so that your Council can require appropriate action on behalf of deaf people eg through planning permission requirements.
10. Similarly keep your MP aware of your problems for appropriate input into future legislation.

Ways for others to help those with hearing loss:

- Speak naturally and clearly – do not shout
- Look directly at the person, don't look away
- Don't put hands in front of mouth
- Don't mumble
- If possible find somewhere quiet to talk
- Make sure there is a good light
- Keep phrases simple so they are easy to follow
- Position yourself in best place if person can hear better in one ear
- Look at facial expression and body language
- Take part in our campaign