



Keeping your Independence When You Have Hearing Loss

When we talk about hearing loss, we often talk about the direct effects - not being able to hear conversations around you, talk on the phone, or listen to your favorite music. But hearing loss has many effects on a larger scale. When you aren't able to hear well, you may find that you gradually become less independent and capable. Keeping your independence with hearing loss means taking a few important steps.

Limit Your Hearing Loss

The first step to maintaining independence when you have hearing loss is to protect the hearing ability you have left. That means limiting exposure to things that can cause more hearing loss, such as loud noise. Even when you have hearing loss, it's important to wear hearing protection when you are in noisy environments. You should also avoid smoking and make sure you aren't suffering from impacted earwax or ear infections.

Get it In Writing

Most people with mild to moderate hearing loss can still hear well enough to function independently most of the time. However, this also makes it easy to miss something important. One way to combat this is to ask for documentation and written records when you're talking to doctors, lawyers, or other officials. Getting written documents can help you remember information you may not have heard clearly, and it also provides a backup in case you forget anything later on.

In the same vein, you can also try to move more of your conversations to text as well. Smartphones make it easy for people to send text-based messages and emails along with phone calls, allowing you to communicate better with people who matter.

Find Treatment

The best way to maintain your independence when you're suffering from hearing loss is to get treatment. Treatments for hearing loss vary from simple measures like medication to treat ear infections to hearing aids or implants. Depending on the type, cause, and severity of your hearing loss, you may have to undergo different types of treatment. However, the first step is always speaking to your doctor about your hearing loss.

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Use Assistive Technology

Along with hearing aids, there are many other assistive technologies designed to help the hearing impaired. You don't need to be deaf to use these devices - they can even be useful for people with mild hearing loss.

- **Telecoils** - One of the most common and popular hearing assistive technologies are telecoils. Telecoils were originally used for phones, but today you can find telecoil devices for TVs, at movie theaters, on public transportation, and more.
- **Caption Phones** - These phones display a text readout of your conversation so you can follow along with your eyes as well as your ears. There are even apps you can use with your smartphone to display captions for cell phone conversations.
- **Vibrating Alarm Clocks** - These alarm clocks feature special options like vibration and flashing lights to help people with hearing loss. There are also wearable options that vibrate on your wrist or arm to wake you directly.

Get Help You Can Trust

In the end, the best way to maintain your independence when your hearing starts to decline is to find a trustworthy source of help. At the Oklahoma Hearing Center, we help people of all ages and from all backgrounds with their hearing. We'll help you learn the causes behind your hearing loss and develop a plan for treatment. Call (405) 546-4280 today to schedule an appointment, or visit our Facebook page for more hearing news and tips.

About the Oklahoma Hearing Center

Oklahoma Hearing Center's team of expert audiologists, along with the medical doctors at Oklahoma Otolaryngology Associates, provides each patient with unmatched hearing healthcare. Backed by cutting-edge technology and over 35 years of experience, our team understands that each person's hearing loss is unique. Before recommending treatment solutions, we spend time listening to the patient, learning about what's important in their life and then selecting the technology that will meet their needs best.

With ten audiologists on staff and six locations in Central and Southern Oklahoma, the Oklahoma Hearing Center, is uniquely equipped to meet all of your diagnostic and hearing healthcare needs. Visit our website for more information about our team and to find out which of our locations is most convenient for you.

You can also connect with us on Facebook, twitter and YouTube for the latest news and updates from our team.

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