

## TIPS FOR THE HEARING IMPAIRED

### When in the hospital or at a medical appointment

- Wear your hearing aids whenever possible.
  - If you are having a procedure, discuss ahead of time if you can wear it during the procedure. Ask that you be allowed to wear your hearing aids as soon as possible following the procedure.
  - When not wearing your hearing aids, have them stored in a box with your name on them. Never wrap them in a tissue! Avoid putting them near a meal tray.
  - Be sure that your hearing aids are listed as belongings when you are admitted.
  - Be vigilant in the care of your hearing aids. Some hospitals do not assume any responsibility for your belongings, if lost.
  - Consider using an old hearing aid/device such as a Pocket Talker during your stay.
- Have a sign placed above your bed stating that you have a hearing loss.
  - This will remind every staff member to try and make accommodations for you. If you have a better ear, or rely on lip-reading, state that on the sign. Be sure they understand they must be looking *at* you when they speak *to* you.
- Ask that a dim light be kept on in your room at night so that you have a better idea of your surroundings. Ask staff to turn on a brighter light and to be sure you are aware of their presence before administering medication or measuring temperature/blood pressure.
- Ask staff (when speaking) to look at you, not their computer!
- When staff is in the room speaking with you, turn off the TV.
- Ask staff to not stand in front of a window, to avoid glare.
- Request information in writing, including medication and care instructions. Bring a pad of paper or a white board with you.
- When possible, have your hearing aid checked and cleaned prior to going to the hospital.
- For a physician's office, you may wish to have a notation placed in your chart, as a reminder.
- Most importantly, remember: don't bluff when receiving medical care! If you don't understand, ask for clarification.

*Courtesy of Spaulding Cape Cod Audiology, 311 Service Road, E. Sandwich, MA 02537*



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