

Call to Action

There are infinite ways people with hearing loss can improve their access to communication. Below are some suggestions to help you get started – show confidence when asking for what you need. These actions on your part help create awareness and reduce the stigma about hearing loss. Don't forget to post a picture of yourself taking action on Facebook or Twitter @walk4hearing using #CommAccess.

◆ Work

- ◆ Ask your boss for a captioned telephone
- ◆ Request remote captioning for meetings or teleconferences at work
- ◆ Inform your co-workers and teammates of your hearing loss
- ◆ Ask your co-workers to face you and slow down their speech
- ◆ Share HLAA's Communication Tips Card with your co-workers

◆ School

- ◆ Inform your teachers of your hearing loss on the first day of school
- ◆ Ask the teacher if you can talk to the students about your communication needs
- ◆ Ask the teacher not to face the blackboard when he or she talks
- ◆ Ask the teacher to repeat students' questions and comments
- ◆ Request captioning in all of your classes
- ◆ Ask if you and your peers can eat lunch in a separate location due to excess noise in the cafeteria
- ◆ Ask your teachers and your peers to face you and slow down their speech
- ◆ Share HLAA's Communication Tips Card with your teachers and classmates

◆ Medical

- ◆ Ask your audiologist to make sure you have a telecoil in your hearing aid or cochlear implant, and it is activated
- ◆ Ask your audiologist and doctor to loop their exam room
- ◆ Ask the pharmacy to loop their counter
- ◆ Ask medical personnel to face you and slow down their speech or write notes
- ◆ Share HLAA's Communication Tips Card with your doctors

◆ Home

- ◆ Use the captions on your TV
- ◆ Get an alerting device for your doorbell
- ◆ Get an alerting device for your smoke and/or carbon monoxide detector
- ◆ Get an alerting device for your alarm clock
- ◆ Get a captioned telephone for your home
- ◆ Let 9-1-1 know that there is a person with hearing loss in your home

◆ Social

- ◆ Request captioned glasses, or a captioning device at the movie theater
- ◆ Request an assistive listening device (ALD) at a live theater performance
- ◆ Ask to activate the captioning on the TV in a restaurant
- ◆ Tell people how to best communicate with you
- ◆ Share your hearing loss story with others
- ◆ Ask hotel management to loop their front desk
- ◆ Ask for an "ADA Kit" when checking into a hotel
- ◆ When a guest in a hotel, alert personnel there is a person with hearing loss staying in your room
- ◆ Ask your place of worship to loop the main room of the facility
- ◆ Inform all extracurricular activities directors or coaches of your hearing loss
- ◆ If stopped by a police officer tell them you have a hearing loss
Ask them to face you and speak slowly and clearly
- ◆ Share HLAA's Communication Tips Card with your friends