

## **How to Talk to a Spouse or Loved One About Hearing Loss.**

One of the things we are often asked is how to speak to someone with hearing loss. Ironically, it's a time when you both really need to listen and yet at least one of you is not hearing their best.

Whether you're the spouse, son, daughter, or the one with the hearing loss, that doesn't have to stop you from having a productive conversation. It will require you to place more attention on being respectful and patient but it's well worth it. We can't emphasize just how valuable this conversation can be to everyone involved.

Studies have shown that hearing loss can result in a tendency towards poorer physical, psychological, and social well-being. And often has an even a greater impact when the husband has the hearing loss. Fortunately, with the great advances in hearing technology, physician-recommended hearing aids can begin to solve decade long frustrations in less than an hour.

While there are no hard and fast rules about approaching this difficult conversation, there are some things we would recommend.

- 1) Get into a good, calm state yourself. (It can very helpful to remember a time when you felt very calm and empathetic)
- 2) Establish rapport. Even if you've been together for years. (In fact, especially in that case.) Let them know how important they are to you and how their hearing loss keeps you from being with them in the way you would really like. Tell them softly but firmly that you would like to find a specific time to have a conversation about their hearing loss. If not now, ask if you can plan a specific day and time. Try to avoid going into the details of the downside of their hearing loss. Be general. We've seen too many details lead couples and families into arguments. In general, keep the conversation focused on possible solutions instead of a rehash of the past.
- 3) Our years of experience tells us they usually already know they have a problem. They may even agree to set up an appointment with us to find a solution. Call (505) 889-9100 and we will gladly set up a Personal Hearing Consultation.

Often though, they may just not want to talk about it. Respect that. Yours is a long term relationship. You'll have another chance. It can also be very helpful to have a hearing instrument brochure to show them just how advanced, easy to use, and virtually invisible, this new hearing aid technology can be. Men in particular seem to find the digital technology intriguing (directionality, data logging, acoustic signatures, whistle free, etc) and usually way beyond their image of analog hearing aids of the past. Again, we would be glad to supply that literature if it would be helpful. Simply call our office at (505)889-9100. If you would like to give us the person's name and address, we would be glad to send them new information occasionally, as it becomes available.

We hope this information is useful. Talk to a spouse or loved one today!