



Newsletter Summer 2019

ASSERT YOURSELF ON VACATION AND EVERYDAY

One of the easiest things that hearing aid users can do to make their life easier is to let people know that you have a hearing loss. A simple "I wanted you to know that I have a hearing loss and wear hearing aids"

1. The taxi/Uber driver will know to speak clearly for you to understand them.
2. The wait staff will know to stand close to you when discussing the day's specials.
3. When on a tour with a group, the same statement will alert your guide to pay attention to your responses or lack thereof to the information he/she is sharing with the group at a historical site.
4. The steward/stewardess will know to be sure you understand the safety information given at the start of the flight.
5. If using the EuroRail system, it will alert the conductors to be sure you know that you are nearing your stop.

As can be seen with just the few examples, there are so many things that can be made so much easier with a simple statement. Try it once and you will probably make it a habit!

Travel Tips for People with Hearing Loss

1. Tell people you have a hearing loss
2. If you have certain needs while on vacation, put them in writing and ask for a written confirmation the document was received from the airlines, cruise line, hotel. Your travel agent can help you with this.
3. Along with your official ID, have a card that states that you have a hearing loss and that you use hearing aids. This information would be important, if you needed emergency care.
4. TSA (Transportation Security Administration now offers a TSA Disability Notification Card. This allows you as a passenger to discreetly inform the TSA agents of your hearing loss.
5. Pack your assistive Listening Devices in your carryon luggage. The FAA allows you to take the devices on the plane with you. You will need to remove the batteries and place them in your checked bags.
6. Be sure that the airline personnel at the gate know that you might have difficulty hearing the overhead announcements. You do not want to miss your boarding group number being called and definitely do not want to miss a gate change announcement.

VACATION TIPS FOR SPECIFIC ACTIVITIES FOR HEARING AID USERS

At the beach:

1. Take the hearing aids out before going near the water. The hearing aids available today are "water-resistant". So, a little sweat from walking or a little rain will not cause damage. But, there are no hearing aids on the market that can be fully submerged in water.
2. Be sure the hearing aids are kept in a container that will also keep sand and dust out of the hearing aid.
3. Remove the hearing aids before applying sunscreen lotion or spray. The sunscreen can clog the microphones and cause damage to your hearing aids.

On a tour with a guide:

1. Be sure to stand as close to the tour guide as possible to be able to hear as much of the information as possible.
2. If you have a remote microphone or FM system paired to your hearing aid, this is one of those situations where you will love the accessory.

When camping or on an outdoor vacation:

1. Bring a Dri-Aid kit in which to store the hearing aids at night. This will not only help you keep track of the hearing aids; but, it will remove any moisture that has gotten into the hearing aids during your day activities.
2. If participating in any activity such as zip-lining, hiking, etc. where you will be with a group with a guide, be sure to wear your hearing aids during the orientation meeting.
3. If participating in any activity such as zip-lining, hiking, etc., be sure to secure the hearing aids so as not to lose them. Headbands, bandanas, etc. will help with this.
4. An extra step for avoiding loss would be to tie dental floss around the hearing aid and pin the other end of the floss to your shirt/jacket. If the hearing aid falls out of your ear, it would then be attached to you and able to be retrieved.

At an amusement park:

1. It is best to take the hearing aids out before going on any of the rides. The high velocity of many of the rides can force the hearing aids loose and even force them out of your ears.
2. Bring a zippered pouch for the storage of the hearing aids when you are on the rides.
3. Wear the hearing aids if there is any form of instruction for the rides that you will be taking.