

Advocacy Practice Cards

Mary Clark

1. I am hard of hearing, and it helps me if only one person speaks at a time, so I can follow
2. I have a hearing loss, and it would help me if you get my attention first before beginning a conversation with me. I want to listen to you, but I need your help.
3. I don't hear well in noisy situations; can we move over here?
4. May we be seated in a booth or a corner where it is quieter? I have a hearing loss.
5. I have a hearing loss and I need to see the people who are speaking, so may we leave the lights on for this presentation?
6. I lost you—I heard the part about you taking a trip, but missed when you are leaving.
7. You asked me if I had done the laundry, and I said yes, what did you REALLY say?
8. I didn't realize you were upstairs when I asked you that question, can you let me know what you said? I couldn't hear you.
9. Can you please put this ear/slash sticker on my medical record to help remind everyone that I have a hearing loss?
10. I have a hearing loss and wear hearing aids – the wind noise today is very loud for me, so please don't take offense if we don't talk as much on our hike today, or make sure you get my attention first if you need to tell me something, like **there's a snake—watch out!**
11. I have a hearing loss and I need to see your faces clearly; may we change seats so that I am not facing the bright window that puts your faces in shadow?
12. I have a hearing loss and I need to see your mouth when you are talking. I will have trouble understanding you with your facial hair, so be patient with me, and speak more slowly and clearly and I should be able to understand you better.
13. I have a hearing loss and I need to see you when you are talking—can you try to avoid putting your hand over your mouth when you are talking? It will help me understand you better.
14. I have a hearing loss and I am having trouble understanding you with your accent – can you speak a little slower to help me understand you better?
15. I can hear better if I can sit at the end of the table.
16. I want to thank you for making the effort to help me hear better when we all went out for dinner tonight. I really appreciate it.
17. I didn't catch what you said while you were walking away from me—can you please face me when you are talking to me?

At Locations

18. **At the dentist**—I can't understand you when you are wearing a mask, can you either wear a clear face shield, or refrain from asking me questions when you have your mouth covered?
19. **Getting an x-ray**—I know you want me to hold my breath, but I won't hear you when you tell me I can breathe again. Unless you want me to pass out, let's work out a signal for when I can take a breath!
20. **At the hospital**—Can you please put a piece of tape over the intercom at the nurse's station? I have a hearing loss, and cannot understand anything you say. I will call you if I need you, but will not be able to hear you if you try to use the intercom to respond.
21. **When riding in the car**—I have a hearing loss. I have a better chance of understanding you if I can sit in the front seat
22. **At an exercise class, tell the instructor**—I have a hearing loss, so when we do the relaxation exercises at the end of class, I will not be able to understand you unless I can be very close to you.
23. **When traveling**—I have a hearing loss, and I need to be up front to understand the tour guide.
24. **At a restaurant**—I thought this table would work out well for my hearing loss, but I am having a lot of trouble hearing with the music playing. Can you turn it down? I'll let you know when we leave, if you'd like to turn it back up again
25. **Family gathering**—My hearing loss has gotten worse, and I cannot hear the timer on the oven. Can you help me listen for when the turkey is done?