

Action Steps:

What to do if you suspect you have hearing loss:

- If unsure, take informal test or use observation checklist to see if further investigation is needed
- See a doctor
- See an audiologist. Get tested. Learn how to interpret your audiogram
- Learn about your hearing situation, real-world strengths and limitations, and options available.
- Take action.
 - become involved with organizations and support groups
 - learn effective communication techniques
 - tell those you interact with what works for you
 - consider learning cued speech or sign language
 - create a good acoustical environment
 - consider electronic assistance -- hearing aids, cochlear implants, and assistive listening devices (ALD's)