

## Dilemma: Burger joint

### Situation:

Your family often orders hamburgers for dinner on Sundays, and you usually go to the local drive-thru to pick them up. The drive-thru "order box" is difficult to understand. When they read your order back to you, you can't determine whether or not they've said the right things. This means something in your order is usually wrong.

## Dilemma: Burger joint

How would you deal with this situation?

- Can you recognize anything from this example in your own daily life?
- How have you dealt with this situation?
- What do you find works well?

## Dilemma: Burger joint

### Suggestions

1. Bring another family member along to place the order.
2. Ask people in the car behind you to help you place the order.
3. Avoid the drive-thru and go into the restaurant to place your order.
4. Or...

## Dilemma: Nutty professor

### Situation:

You are working on your degree at university. The experience has been mostly positive:

The university offers different options for communication support, there are hearing loops in the classrooms, and the buildings are new and have good acoustics. Many professors have also reacted positively to wearing a microphone for a radio aid.

One professor, however, is less supportive of your needs. He often wanders away from the hearing loop, causing you to miss out on parts of the discussion. You've asked him to wear the microphone for your radio aids, or pass it around during discussion, but he has told you he "isn't comfortable" doing this.

## Dilemma: Nutty professor

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- Can you recognize anything from this example in your own daily life?
- How have you dealt with this situation?
- What do you find works well?

## Dilemma: Nuty professor

### Suggestions

1. Prepare a list of questions for your next appointment.
2. Ask friends of yours who have difficulty hearing how they have handled their personal situations.
3. Do internet research on the type of hearing loss you have been diagnosed with and see if there are any recommendations you can discuss with your audiologist.
4. Or...

## Dilemma: Should I tell my colleagues?

### Situation:

You've been having difficulty coping with noise at your office. Any time you have a meeting with more than two people, it's very difficult for you to follow the conversation. There have also been misunderstandings where coworkers thought you were ignoring them because they spoke to you when you had your back to them. You didn't realize they were addressing you.

You have recently had your hearing tested and it has been confirmed that you have a hearing loss. While you've been told that you could benefit from a hearing aid, you're worried that your coworkers will think that it makes you old and incapable of doing your job.

## Dilemma: Should I tell my colleagues?

How would you deal with this situation?

- Can you recognize anything from this example in your own daily life?
- How have you dealt with this situation?
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## Dilemma: Should I tell my colleagues?

### Suggestions

1. Tell your coworkers that you are getting hearing aids and how they can help you (and them) in conversations.
2. Get the hearing aids but only discuss them with your colleagues if you are comfortable doing so.
3. Talk to either your boss or a trusted colleague about what situations are most difficult and how you can adapt to them.
4. Or...

## Dilemma: The technology isn't working

### Situation:

You recently admitted to yourself that you've been having trouble hearing and went for a hearing test. Sure enough, the audiogram showed that you have a moderate hearing loss. Presented with the evidence, you agreed with your audiologist's recommendation that you should try hearing aids.

You were fitted with hearing aids, but they are very uncomfortable. Every noise sounds louder, so you can't hear what's important any clearer than you could before you got hearing aids. You're frustrated by not being able to hear, but you're equally frustrated with the hearing aids, and the hearing aids spend more time in the drawer than on your ears.

## Dilemma: The technology isn't working

### Suggestions

1. Talk to your audiologist. They may be able to adjust the levels or offer you different hearing aids.
2. Explore communication strategies that you can use with your hearing aids to make noisy environments easier to cope in.
3. Join a support group of other hearing aid users - they may have advice.
4. Or...

## Dilemma: The technology isn't working

How would you deal with this situation?

- Can you recognize anything from this example in your own daily life?
- How have you dealt with this situation?
- What do you find works well?

## Dilemma: Teaching your friends and family

### Situation:

Even though your friends and family are fully aware of your hearing loss, they don't always keep habits in check that make it difficult for you to follow a conversation. You know they don't mean to ignore you, but when a group is talking all at once, it's hard for you to participate. You're worried about annoying them, and you often feel tired after spending time together. You feel like you have told them over and over again that you can't understand them when they talk all at once, or if they look away from you, but they still do the same things every time.