**TIPS FOR CHOOSING RESTAURANTS**

**Ruth Bernstein**

**1. Choose restaurants that are relatively quiet:   carpeting, curtains and other material absorb sound and make for a pleasanter environment. Marble, glass and mirrors allow sound to bounce around.  It is difficult to hear in "glitzy"places.**

**2. To minimize noise, eat early or late when the least number of people are in the restaurant**

**3.  Sit in a booth or at a table where the people with hearing loss have their backs against a wall.**

**The wall acts as a sound baffle.**

**4.  Ask the audiologist about assistive listening devices which help people with hearing loss  hear**

**in noisy situations and, hopefully, lower the decibel level of the discussion.**

**5.  Request the restaurant turn off the music while you are there.**

**6.  For more information  and support, join the local chapter of the Hearing Loss Association of America (HLAA) and contact national HLAA at****info@hearingloss.org**