

TIPS FOR CHOOSING RESTAURANTS

by 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

