

TIPS FOR CHOOSING RESTAURANTS

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- 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 barrier.**
- 4. Ask the audiologist about assistive listening devices which help people with hearing loss hear better in noisy situations and, hopefully, lower the decibel level of the discussion.**
- 5. Request the restaurant lower or turn off the music while you are there.**

For more information and support, join the NYC Chapter of the Hearing Loss Association of America. Questions? Email info@hearinglossnyc.org.