


THE NEW YORKER'S GUIDE TO NOISE



The average New Yorker is exposed to plenty of noise between loud traffic and screeching subways. This may lead to difficulty communicating and discomfort to both those with and without hearing loss.

The good news? There are plenty of things you can do to combat the noise, in addition to wearing hearing aids with noise reduction strategies!

POSITION YOURSELF

When in noisy situations it is important to face the person you are speaking with. It is important so you can see their facial expressions and movements. This is a great tip for anyone in a noisy environment, especially people with hearing loss.

- In a restaurant, ask to be seated against a wall and sit across from the person you are speaking with.
- Let your communication partner know you have hearing loss and ask them to speak slowly and clearly.

PROTECT YOURSELF

Noise protection is not only a great way to shield your ears from screeching subways but also essential to protect your ears from permanent damage. There are plenty of options, ranging from simple foam plugs to custom musician earplugs; take your pick!

Where to get them? Basic ear plugs can be purchased at your local drugstore. If you are interested in custom products, Audio Help can fit and order them for you!

When to wear them? Any noisy or uncomfortably loud situations, including the subway, concerts or loud bars.

DOWNLOAD AN APP

Our brains are plastic. This means it is possible to improve at certain tasks, such as listening in noise, with practice. There are many apps available for download to work on these skills that may make functioning in noisy environments easier. The following are available on both Android & iOS platforms

- Hear Coach by Starkey Laboratories
- Angel Sound

ESCAPE!

Sometimes you need to escape the noise and find some peace and quiet. *Zagat, NY magazine* and *Yelp* offer guides to find quiet restaurants in NYC. And, if you are looking for quiet but not in the mood to eat, *Time Out* offers its own guide of quiet things to do in NYC.

<https://www.zagat.com/c/new-york-city-ny/quiet-conversation-restaurants>

http://www.yelp.com/search?find_desc=Quiet+Restaurants&find_loc=New+York%2C+NY

<http://nymag.com/guides/everything/aging/quiet-restaurants-2014-4/>

<http://www.timeout.com/newyork/things-to-do/where-to-find-quiet-in-nyc>

Angel Sound. Retrieved from <http://angelsound.tigerspeech.com>.

Elite hearing network. (2014). How to handle noisy environments when you have hearing loss. (<http://www.elitehearinglocations.com/how-to-handle-noisy-environments/>)

Starkey Hearing Technologies (2014) A closer look at audiologic rehabilitation. Retrieved from <http://www.starkey.com/blog/2014/08/a-closer-look-at-audiologic-rehabilitation>