

How Hearing Loss Affects Relationships



Hearing loss can be a source of stress on personal relationships.

How is hearing loss affecting your relationships?

- Do you get frustrated with each other? Are you arguing more than usual?
- Do you avoid going to social events?
- Do you find yourself spending more time apart?
- Have you noticed a decrease in quality communication?
- Are you doing less enjoyable activities together?
- Has the hearing loss caused an increased financial strain on the family?
- Are there feelings of resentment between family members?
- Are there fewer light hearted, humorous or intimate conversations?
- Have you lost the spontaneity, the sharing of small unexpected incidents, and small talk in everyday interactions?

How can we improve things?

- **Recognise how hearing loss is affecting your relationship/s.**
Reflect on how hearing loss is affecting you and ask your partner/family how they are coping.
- **Keep the lines of communication open.**
Let people know how challenging certain situations and environments can be for you and listen to their needs.
- **Support each other.**
Set goals and work together to problem solve realistic solutions.
- **Communication is a two-way street.**
Both parties need to take responsibility for improving their communication skills. TIP: see our Communication Strategies factsheet or attend one of our RehabPlus sessions.
- **Check your hearing** and use your hearing devices regularly to provide optimal opportunity for hearing and communication within social situations.
- **Support groups** can be a wonderful source of information and support.
- **Actively improve your social engagement**
Think about how you can make space for more quality time with the people you care about... and make it happen! Ask us how we can help you.