



## Making Your Hospital Stay a Success— Even with a Hearing Loss!

These instructions are to help you prepare for your hospital stay:

Be familiar with the contents of this Hospital Kit, so you are ready to use each item when you need it.

You must be your own advocate while in hospital. Be aware that **NO ONE** in the hospital is aware of your hearing needs **UNLESS** you tell them! This is especially true when your hearing aids are not worn. Staff are very busy and often have little time to repeat instructions, so always be ready to give **ADVANCE** warning, before they speak to you, what you need (e.g., that s/he gets your attention first, speaks slower, etc.).

Ask for help from family and/or friends to advocate for you. For example, should staff speak to you too quickly, a family member's request or reminder for slower/clearer speech can make the difference. He or she can also write down what was said, for reference purposes.



Provided By:  
The Canadian Hard of Hearing Association—North Shore Branch  
600 West Queens Road  
North Vancouver, B.C.  
V7N 2L3  
Telephone: 604-926-5222