

## **Twelve Reasons Why Self-help Groups are Good for You**

Self-help groups:

- Provide a community of people with hearing loss who understand and are empathic to your unique problems
- Help you deal with the issues of hearing loss stigma
- Will help you understand your legal rights as a person with a hearing disability
- Will teach you coping and communication strategies
- Will help you to adjust and communicate your needs in a "hearing" workplace
- Will share technologies beyond your hearing aids that will enhance your ability to function in the world
- Will educate you on technologies and strategies for ensuring your safety
- Will show you how to stay tuned into family conversations
- Will suggest strategies for communicating in noisy situations
- Will show you how to accommodate your hearing loss while traveling
- Will empower you through exchange of knowledge, encouragement and the sharing of experiences
- Will alleviate the despair and isolation of hearing loss through their support