



As seen on **WXXI** TIPS FOR HEARING THE TV BETTER

1. **Increase the treble and decrease the bass.** This is the easiest, quickest and least expensive thing one can do. Check the TV manual for directions.
2. **Use the Closed Captioning.** This too, is easy to do and is available on all TVs. Check the TV manual for directions.

The closed captioning can be difficult to adapt to at first, particularly because it often covers part of the picture and because people are tempted to read every word. But, after a week or so it becomes second nature.

Closed Caption feature is **the very best thing to do** to keep in touch with the TV if hearing goes down. We can't emphasize this option highly enough. Further, almost all rental movies are Closed Captioned. This is another reason to make the effort to use Closed Captioning and this option is free!
3. **Install a remote speaker** near your chair and close to the preferred ear. Cost is no more than \$200.00. Check with your audio supply store, or maybe even, your local office store where computer speakers are located. You can use the audio out jacks on the back of your cable box for hook-up. They are the red and white jacks on the back of the box.
4. **Install a mini Induction Loop:** Use the T coil on your hearing aid to access the induction loop. Home induction loops cost about \$125.00 and up. The induction loop only works for individuals with hearing aids with a T Coil option or a special hand-held T coil device. Price about \$100.00. Available on-line or check with your hearing aid provider for assistance. Again, the Induction Loop unit can be plugged into the cable box red and white audio output jacks.
5. **Bluetooth streamer TV listening system:** This system is designed to be used with hearing aids. A separate set of ear pieces or ear phones **may not be** necessary. The sound and clarity can be superb and the convenience can't be beat. The device can also be used with a smart phone. Check with your hearing aid provider for assistance or consult assistive hearing catalogs available on-line.
6. **Head-set type listener:** There are many such listeners available which range in cost from \$30.00 (not recommended) to \$225.00 - \$300.00. They can be annoying to use. Available on-line or check with your hearing aid provider for assistance.
7. **FM system:** Unfortunately, they are not inexpensive. They run from around \$700.00 - \$800.00 and up, but they are highly flexible and they can be a great solution for many listening problems in addition to listening to the TV. Available on-line or check with your hearing aid provider for assistance.
8. **Use your smart phone:** . . . Forthcoming technologies. Keep an eye out for news about this approach. A smart phone can act as a microphone and send the signal via Bluetooth to hearing aids or an intermediate device. Or, even over a WIFI link. Check with your provider for assistance.
9. **Experiment with the various hearing apps available for your smart phone.** There are quite a few available, with more coming along almost every day. Some are free, and some may require ongoing fees. Some are better than others, and some may not be around for very long, but it may very well be that some could prove to be helpful. For instance, a graphic equalizer app might be used in conjunction with Bluetooth streaming through a smart phone to your hearing aids.