

**Coping at the concert**

**Technology**

Utilize any accommodations provided by the venue.

Many concert venues have induction loops that enhance the experience greatly for users with t-coil capable devices.

Many concert venues have close captioning, ASL, or preferential seating available for attendees who ask.

Adjust CI/HA settings.

Use a music program, if available.

Use a t-coil, if available.

Adjust volume and sensitivity to your comfort levels.

Use a smartphone to follow the music.

Shazam can identify music in the environment (including live music). Discretely using a phone during a concert for accessibility purposes is totally acceptable.

Look up lyrics.

Use assistive listening devices to give extra clarity to the music.

**Environment**

If no assigned seating, arrive early to find a place with a good view of the stage and low background noise.

If indoors: find placement in front of a wall to decrease environmental noise. If attending a concert with very little environmental noise (e.g., audience is quiet, venue is well-insulated) sitting as close as you can to the performers is best.

If outdoors: avoid areas near streets/vendors.

**Music**

Focus on one aspect of the music.

Focus on one element (ex: rhythm).

Focus on ways in which the music interacts with other senses.

-- Visual elements of the performance.  
-- Vibrations from the music.

**Individual**

Take sound breaks during the concert.

Go into the lobby and rest for a few minutes to reduce listening fatigue.

Advocate for yourself to those with whom you are attending the concert and the concert venue.

Check out our page on optimizing music experiences through self-advocacy for hearing device users.