

## Communication Strategies For Individuals with a Hearing Loss

- Be pleasantly assertive and let your needs be known.
- Inform others to get your attention before they start talking to you (say your name; tap your shoulder, etc.)
- Talk face to face whenever possible.
- Do not try to communicate with others from another room.
- Turn on lights and try to move your conversation to an area with better lighting.
- Move conversations away from noisy areas. Do not talk in competition with anything else:
  - Turn down/off/mute TV
  - Turn down/off radio
  - Turn off water, etc.
- Let others know that short, uncomplicated sentences are easier to understand than longer, complicated ones.
- Watch the speaker's face, lips, and gestures for clues to what's being said.
- Do not be afraid to start the conversation. This way it is easier for you to understand the topic. But do not forget to let others talk, too.
- Remember you may still have difficulty in some listening situations. Let others help explain what is being said if needed.
- Do not strain to hear every word. Even people with normal hearing miss words and "fill in" based on what they did hear.
- You can ask others to speak more loudly, or slowly, or distinctly.
- Saying, "Please rephrase that" or "would you please repeat that a little slower?" is a more pleasant way than saying, "What?"