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:
  o Turn down/off/mute TV
  o Turn down/off radio
  o 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?”