

Communication Strategies for Individuals with Hearing Loss

Ask Others to:

- Look straight at you
- Come closer
- Sit at eye level and at a comfortable angle (0-45 degrees)
- Speak slightly louder
- Not speak with their mouths full, while smoking, or with something in front of their face or mouth

What You Can Do:

- Do not try to understand your communication partner from another room, make sure you can see their face
- Pay close attention to face and gestures
- Be patient with yourself

Paraphrase What You Heard in Order to Verify Information:

- Repeat what you heard, leaving out the portion you need to have clarified, in order to have others “fill in the blank”
- Think of new ways to ask for repetition
 - “Would you repeat that? I didn’t get the end of that.”
 - “I’m sorry. Could you say that again?”
 - “Excuse me? Did you say _____?”

Ask for the Topic, or Verify the Topic.

Inform Speakers that You Have Hearing Loss, and ask them to slow down and speak clearly.

Ask for Assistive Listening Devices at lecture sites, theaters, and places of worship.

Choose Quiet Restaurants, or a Quieter Corner if you must hold a conversation in a noisy place.

Request that Only One Person Speaks at a Time.

Try to be Forgiving When People Forget that You Have Hearing Loss.

Thank people when they do something that makes listening and lip reading easier for you. It will show them how hard you are trying, and that you appreciate their efforts.

Remember: It takes both parties to have a conversation, and it requires participation from *both* for success.



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