

Communication tactics

For those with a hearing loss:

- Inform people you have hearing loss so that people are aware.
- Ask people to face you when they speak to you – it gives lots of extra information.
- If you have a better hearing ear, try to position yourself with this ear towards the speaker.
- Ask people to get your attention before talking to you.
- Do not be afraid to ask people to repeat themselves or speak more slowly or clearly.
- Don't stand too far away from the speaker.

For those speaking to a person with a hearing loss

- Speak clearly and in full, face-to-face view of anyone who wears hearing devices or has a hearing loss. Do not cover your mouth.
- Do not exaggerate lip movements as this can make it more difficult to lip-read.
- Get the attention of the person before speaking to them.
- Use natural facial expressions and gestures.
- If you are asked to repeat yourself, try to think of another way of wording it rather than saying the same thing repeatedly or shouting.
- Find good place to talk – good lighting and minimal background noise.

Audiologist contact details: