



Kent Hearing

Living well with hearing loss

Communication tips for families and loved ones

Communicating with someone who has a hearing loss doesn't have to be difficult. But you do need to be patient and take the time to make sure you are communicating properly. Here are some simple tips to help make communication straightforward for both of you.



- Even if someone is wearing hearing aids it doesn't mean they can hear you perfectly. Ask if they need to lip-read.
- Get the listener's attention before you start speaking, maybe by waving or tapping them gently on the arm.
- Make sure you have face-to-face contact with the person you are talking to.
- Speak clearly but not too slowly, and don't exaggerate your lip movements as this can make it harder to lip-read.

- Use natural facial expressions and gestures.
- Don't shout! It can be uncomfortable for hearing aid users and it may look aggressive.
- If someone doesn't understand what you've said, don't keep repeating it. Try saying it in a different way instead.
- Find a suitable place to talk, with good lighting and away from noise and distractions.
- If you are in a noisy environment, make sure that any unnecessary noises are minimised, e.g. cooker hoods at home, background music and kitchen appliances like kettles, which can be very noisy.
- Check that the person you're talking to is following you during the conversation. Use plain language and don't waffle. Try to avoid jargon and unfamiliar abbreviations.
- To make it easy to lip-read, don't cover your mouth with your hands or clothing.

We hope you find these tips and suggestion useful. If you require further advice please email info@kenthearing.com or call us on 07973 187744.

Hear Well, Live Well

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