

## 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 you both.



- Even if someone is wearing hearing aids, it doesn't mean they can hear you perfectly. Ask them 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.
- 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 sounds are minimised, e.g. cooker hoods at home, background music and kitchen appliances like kettles, which can be very loud.
- Make sure you have face-to-face contact with the person you are talking to.
- Speak clearly but not too slowly. Try not to 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.
- Check that the person you are 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 suggestions useful. If you require further advice, email [info@kenthearing.com](mailto:info@kenthearing.com) or call us on 01732 525912**

