

Living well with hearing loss

Communication tips for patients

Now that you have taken the first steps to communicating and hearing better by getting new hearing aids, here are some useful strategies to help you get the most out of them:



- Always try and find a quiet, calm and uncrowded space or area in which to talk.
- Ask people to get your attention before they start talking to you.
- Don't stand too far away from the person you are talking to. Make sure you can see the speaker's face and lips – their gestures and facial expressions will help you understand what they're saying.



- Avoid background noise wherever possible. Turn the radio or television off or down and turn off running water. Turn off any household appliances that may cause background noise and make it more difficult for you to hear.
- Be open. Tell the person you are speaking to that you lip-read before you start a conversation. There is no reason to be embarrassed about having a hearing loss or wearing hearing aids.
- If your hearing isn't the same in both ears, make sure you are in the best position to maximise your 'good side' – don't be shy about asking people to change places with you.
- Stay calm. If you become anxious or flustered, it will be harder for you to follow what is being said.
- If you don't catch what someone says the first time, don't be afraid to ask them to repeat it or say it in a different way. If you are unsure about what someone has said, summarise what you think you heard and ask them to confirm or explain again.
- If necessary, ask people to slow down and speak more clearly when talking to you.
- Finally, don't be too hard on yourself. No one, with or without hearing loss, hears correctly all the time!

We hope you find these tips and suggestions useful. If you require further advice, please email info@kenthearing.com or call us on 01732 525912

