

Tips for family and friends

It can be difficult for people who experience hearing loss to communicate with those around them. Wearing hearing devices will help them reconnect with the world, but they also need patience and understanding from their family and friends.

The more the hearing device is worn, the better the brain will become at separating speech from noise. Encourage those with hearing devices to wear them all day, every day. When you have a hearing loss, listening requires effort, so conversation can become tiring. If you see signs of fatigue when talking to your loved one, don't be forceful or prolong the conversation. Understand that hearing devices have limitations and cannot restore hearing back to normal.

Face the person

Visual cues like lip reading and facial movements provide useful information to assist speech understanding. If possible, position yourself so your face and lips are easily viewed. Avoid conversations from another room or having your back turned to the listener.

Reduce background noise

Turn off the television or radio, or move to a quieter place. Less background noise will make it easier for the listener to follow the conversation.

Avoid shouting

Shouting can distort speech, making it less clear. When speaking, your speech should be clear and distinct. You may need to slow down a little.

Make sure your own face is in good light

This will ensure you can be seen properly, which will allow the listener to follow important visual cues and facial expressions.

Say it in a different way

If you are having difficulty being heard or understood, rephrase the statement rather than repeating the same words several times.

Focus their attention

Ensure the listener is focused on you at the start of a conversation so that they do not miss parts of what you are saying.

Do not cover your mouth

Avoid blocking your mouth. Items such as newspapers, eating, drinking and smoking will cover your mouth making visual cues difficult to follow.



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