

Communication Strategies for People with Hearing Loss

Effective communication with a hearing-impaired person involves gaining their attention first, facing them directly in good light, and speaking clearly at a normal pace without shouting. Reducing background noise, rephrasing rather than just repeating, and utilizing assistive technology or writing also greatly improve clarity.

Tips for Speakers

- **Get attention:** Say the person's name or use a gentle gesture before you start talking.
- **Face the listener:** Maintain eye contact and stay within 3 to 6 feet.
- **Keep face clear:** Do not cover your mouth, chew food, or look away while speaking.
- **Speak naturally:** Use a normal volume and moderate speed instead of shouting, which distorts sound.
- **Rephrase:** If misunderstood, use different words instead of repeating the exact same phrase.

Tips for the Listener

- **Be open:** Inform others about your hearing loss and state what you need.
- **Choose good spots:** Pick quiet, well-lit areas away from loud appliances or crowds.
- **Watch for cues:** Pay attention to facial expressions, body language, and lip movements.
- **Avoid bluffing:** Admit when you miss a word and ask the speaker to rephrase.

Helpful Tools

- **Assistive tech:** Remote microphones, FM systems, or hearing aid compatibility.
- **Apps:** Live transcription tools like Google Live Transcribe or Otter.ai.
- **Visual aids:** Texting on phones, writing pads, or real-time captioning (CART).

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.