

Our “Helpful Hints” show how you can help yourself to hear better but often you need others to know how they can help you as well. Listed below are ten simple ways in which this help can be provided.

10 easy ways to help with communication to people with a hearing loss and assist them to take part in conversations

COMMUNICATION TACTICS

- 1. Look at the person you are talking to**
- 2. Make sure that they are ready to hear you**
- 3. Speak clearly and precisely**
- 4. Don't shout or speak too quickly**
- 5. Speak at normal speed**
- 6. Stand where the light is on your face**
- 7. Don't use exaggerated gestures**
- 8. Keep to one subject at a time**
- 9. Repeat if required but not more than twice**
- 10. Rephrase if necessary or write it down**

Copy this paper for your friends and family
Created for their and your assistance by;
CROYDON HEARING
Your Local Charity