

Communication is our primary means of connecting and interacting with others; for many people this connection is one of the most important facets of their lives.

The strategies in this pamphlet may appear obvious and to be “good old common sense” but don’t be fooled. Many with hearing loss report that most people do not use these strategies and if asked to do so remember them for about 30 seconds before reverting back to their old ways.

Hearing loss can result in loneliness and isolation. By using these strategies you may be able to keep the person with a hearing loss engaged, connected and interested in life thereby lessening the effects of their hearing loss.

## ISLAND DEAF & HARD OF HEARING CENTRE

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## ISLAND DEAF & HARD OF HEARING CENTRE



**IDHHC**

# Strategies for Communicating with the Hard of Hearing and Deaf

# Strategies for Communicating with the Hard of Hearing and Deaf

**1** Get the person's attention before you start talking

**2** Reduce the distance between yourself and the person you are talking to; three to six feet is ideal

**3** Use proper lighting. Don't have the light shining directly into the eyes of the person you are talking to

**4** Ensure that your mouth and face are visible. Don't turn your head away when talking as visual information from the lips and face is important

**5** Speak slowly and clearly but don't shout or exaggerate your lip movements

**6** Reprase if necessary. Using different words is another way to make yourself understood

**7** When writing or texting back and forth, keep your words simple and sentences short

**8** When using an interpreter, speak directly to the Deaf person

**9** Use pantomime, body language, facial expressions to aid communication