


# TIPS FOR SPEAKING WITH FAMILY MEMBERS WHO HAVE HEARING LOSS

Communication is a two-way street.  Here are suggestions to help when communicating with people who have difficulty hearing you:

- Get their **ATTENTION** before you start speaking.
  - Say their **NAME** or gently touch them on the shoulder or arm if appropriate. This allows their brain to 'get ready to listen'
- **SLOW DOWN** your speech and **SPEAK CLEARLY**.
  - Repeat what you've said in a **DIFFERENT WAY** instead of just talking louder (which can distort your speech and mouth movements)
- **REDUCE DISTRACTIONS** by turning down the TV, music or moving to a quieter location
  - **BACKGROUND NOISE** makes listening with hearing loss much more difficult
- **FACE THEM** and **MOVE IN CLOSER** when you are speaking to them
  - They can benefit from **READING YOUR LIPS** and your facial expressions and body language
- **WRITE** down words on paper or on your phone or iPad if needed
  - Write down the **IMPORTANT WORDS** to help clue them into the context
- **ENCOURAGE** them to **WEAR their HEARING AIDS** if they have them
  - The most common reason their hearing aid isn't working is that it needs a new battery
    - Get their hearing and their hearing aid checked if they are having difficulties
    - Remember, our hearing changes just like our eyes, so it's important to have the prescription checked about every 2 years
- **BE OPEN** to using a **DEVICE** to help them hear you better if they have one, a **microphone or FM for example**
  - Generally you simply need to **SPEAK INTO THE MICROPHONE** and the sound will get picked up by their hearing aid or headset

Contact us for on-site appointments at most Silvera communities. No medical referral is required.  
This information is provided by Carrie Scarff, PhD Audiologist



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