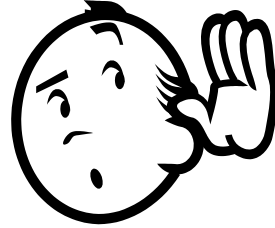


Communication Suggestions for Those with Hearing Loss



Even with the best-fit hearing aids there will be times when you misunderstand what someone has said. To minimize the frustrations that may occur when this happens, try the following:

Minimize noise distractions: Noisy areas can create difficult listening situations even for those with normal hearing. When possible turn off competing sound sources (TV, radio, dishwasher, or running water, etc.). Move away from the sound source as much as possible. If your hearing aids have directional microphones, position yourself so that sound distractions are behind you.

Strive for a clear view of the speaker's face: An optimal distance for communication exchange is 3 to 6 feet. Position yourself so that the speaker's face is well lit and so that the light is not in your eyes. Watch the speaker's face for expressions and lip movements that can add to the meaning of what you hear.

Do not say "H uh?" or "W hat?" Tell the speaker why you misunderstood so that the message is not repeated in the same fashion. For example: "Please raise your voice a bit." "Please repeat that a bit more slowly." etc. As a courtesy to your speakers, provide guidance so that they do not need to repeat the full message. For example: "What time did you say you were going to visit your sister on Saturday?" This requires a much more brief response than would, "H uh?"

Write out important information: Instructions, or key words such as addresses, telephone numbers, measurements, dollar figures and so on, should be written down to avoid confusion.

Do Not Bluff! Bluffing robs you of opportunities to practice good communication skills. Not informing others about your hearing loss increases the occurrence of misinterpretations and the possibility of damaged relationships.

**Provided courtesy of: Audiology Services
1060A Summit Drive
Middletown, OH 45042
513-422-6516**