



# Hearing impairment - Person with hearing loss

## Communication strategies

### TO BETTER GUIDE YOU

**Hearing loss is not always visible, so the people around you may easily forget that you have a hearing impairment.**

**It is important—and only normal—to let other people know which communication strategies help you understand them better.**

1. Stand close to the person who is speaking, about an arm's length away.
2. Reduce background noise. If this is not possible, use the noise cancellation setting on your hearing aids or move to another room.
3. Make sure the speaker's mouth and face are clearly visible and not hidden by shadows.
4. Tell the person if you did not understand something they said.
5. Tell others about your hearing impairment.
6. Ask what the topic of conversation is.
7. Ask the person to repeat what they said.
8. Ask the person to speak a little louder (without shouting), at a moderate speed (a little slower than usual), while still speaking naturally and smoothly.
9. Ask the person to rephrase using different words.
10. Let the person know you understood what they said.
11. Ask that only one person speak at a time, or ask people to take turns during group discussions.

If you are still struggling with communication despite using hearing aids and different communication strategies, speak to a professional (audiologist, speech-language pathologist, specialized educator, hearing aid specialist, ENT doctor, etc.).

