



Speech and Hearing BC

Communication Strategies

For Communicating with People with Hearing Loss



For the Listener

- If you need hearing aids or glasses, wear them
- Minimize background noise by closing doors, and turning off the TV or radio
- Avoid visual distractions in your environment
- Minimize distance between you and your communication partner
- Watch mouth movements, facial expressions, and hand gestures of the speaker
- Ask for rephrasing instead of repetition
- Ask for the speaker to fill in the words that you missed out of the sentence
- Don't be afraid to let people know you have a hearing loss
- Explain to your conversation partner which communication skills work for you



For the Speaker

- Get the listener's attention before speaking
- Speak clearly and at a moderate pace without shouting or exaggerating mouth movements
- Ensure that you are facing the listener while you are speaking
- Position yourself under overhead and natural lighting
- Avoid speaking to your communication partner from another room
- Use body language, gestures, and expressions appropriate to the context
- Take turns speaking and avoid interrupting others
- Avoid chewing gum or covering your face while you talk
- Be patient!