



Communication Tips for Hearing in Noisy Environment

- Ensure you are well-rested, so you feel refreshed and better able to concentrate
- Try to sit close to the person speaking and ensure you can see his or her face, which will help with speech reading
- If you have a directional hearing aid, place yourself so your back is to the noise and the speaker is in front of you to take advantage of the hearing aid feature
- Consider sitting with your back to the window so that lighting is on the speaker's face and not in your eyes
- If background music is interfering with the conversation, request that the music be turned down or off
- If you have an induction loop or remote microphone, consider using it when experiencing challenging situations

DON'T GIVE UP!

Putting these tips into daily practice takes time and patience.



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TIPS FOR IMPROVING COMMUNICATION – I

Here are some helpful tips if you are hard of hearing:

- Tell the person you have hearing loss
- Pick the best spot to communicate by avoiding areas that are poorly lit and very noisy
- If applicable and advisable to do so, sit closely to the person you want to hear
- Anticipate difficult situations and have a plan to minimize problems
- Tell others how they can best talk to you
- Pay attention to the speaker
- Look for visual cues to what is being said
- Ask for written descriptions of what is being said, if needed
- Ask questions if you do not understand
- Arrange for breaks if meetings or discussions are long
- Provide feedback to the speaker by saying how well he or she is doing
- Try to keep interruptions to a minimum
- Set realistic goals about what you can expect to understand

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TIPS FOR IMPROVING COMMUNICATION – II

You can help a person who is hard of hearing by following these steps:

- Get the person's attention before you speak
- Face the person when you are speaking
- Speak clearly and at a moderate pace
- Repeat or rephrase if you do not understand
- Avoid noisy background situations and reduce background noise when possible (for example, turn off the TV or turn down the radio)
- Encourage the person to wear their hearing aid
- Please do not shout, as the person may be wearing a hearing aid

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