

COMMUNICATION RULES

Having trouble understanding family members, friends and coworkers?

Give them these tips to help with conversation!



1. Get my attention before speaking to me
2. Speak to me clearly at a moderate pace
3. Make sure we are in the same room when talking
4. Face me when speaking
5. Speak at a normal volume
6. Rephrase instead of repeat if I don't understand
7. Keep your hands and other objects away from your face and mouth when speaking

Shouting can cause distortions in speech sounds, so talking at a moderate level makes sounds more clear and understandable

Concentrating on the speaker during conversation is important to be able to read mouth and facial cues

Being in a well-lit, quiet room for all of these strategies will help facilitate less effortful conversations

Visit hearingloss.org/content/living-hearing-loss to learn more about the importance of communication strategies. There are more tips and alternate ways to improve communication such as

- **Hearing Aids**
- **Hearing Assistive Technology**
- **Aural Rehabilitation Group Therapy**

The Hearing Loss Association of America has a YouTube Channel with educational videos on living and coping with hearing loss:

youtube.com/users/hearinglossaa

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