



Tips for Communicating with People Who Are Hard of Hearing

People who are Hard of Hearing use many methods to communicate. Most use speech and lip-reading, some use sign language, while others write or use a combination.

When communicating with a person who has a hearing loss, you may find these tips helpful.



- Communicate in a quiet environment with few distractions and little or no background noise.
- Make sure the area where you are speaking is well lit. Avoid standing with the window or light source behind you.
- Always get the person's attention before you speak and face the listener at all times when possible.
- Try to pronounce your words clearly. Avoid exaggerated lip movements.
- Make sure your mouth and face are visible. Do not eat, smoke, chew gum, or cover your mouth in any way.
- Use facial expressions and gestures to help clarify your message.
- Rephrase your message if the person does not understand you.
- Do not assume a person can hear and understand your voice if he/she is wearing a hearing aid. The hearing aid may be worn for environmental sounds.
- When in a group situation, only one person should speak at a time.
- Ask the person with a hearing loss what you can do to help improve the communication process.

For more information, contact a DSDHH Regional Center

www.ncdhhs.gov/dsdhh

(800) 851-6099 (v) or for Deaf (919) 890-0859 (vp)



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Department of Health and Human Services • Aldona Z. Wos, M.D., Secretary
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