

6 ways to help a hard of hearing

Not being able to communicate will often result in frustration, confusion, and sometimes anger. This resource will help you to better communicate with people who are hard of hearing.



1. Make sure only one person is talking at a time

Establish a family practice of taking turns during conversations or simply request that everyone speaks without interrupting, ensuring active participation from all members.



2. Eliminate background noise

Keep the volume of music or TV at a low level, and avoid staying in rooms with noticeable echoes to minimize background noise.



3. Monitor your tone of voice

Adjust your voice pitch to enhance communication with family members. If your natural pitch is high and they find it challenging to understand, lower your voice. Conversely, if you have a naturally low voice causing difficulty, consider raising your pitch for better clarity.



4. Use standard rate of speech

Speak at a moderate pace, and remember to pause between subjects or sentences to help maintain a slower and clearer speech delivery.



5. Make sure they are looking at you

Avoid actions such as covering your face or mouth while speaking and refraining from resting your chin on your hand. This is particularly important if you have a beard or mustache, as it can pose challenges for individuals with hearing difficulties when meeting them for the first time.



6. Use Standard gestures

Incorporate visible gestures instead of merely standing in front and talking, as this helps others pick up on cues and enhances their ability to follow the conversation.