

Communication Toolbox

Communication Strategies for Dealing with Hearing Loss

Hearing loss is not just a matter of turning up the volume! Hearing loss effects both understanding and sensitivity. No one solution is a “be all, end all” in dealing with hearing loss. We like to think of hearing aids as a tool in a toolbox of communication.



C – Control your communication situations. Try to maximize what you are trying to listen to and minimize anything else.

L – Look at the speaker. Looking at the speaker allows you to “read” facial expressions and lip movements to help clarify information you hear.

E – Expectations. Be realistic about your hearing ability and realize that some situations are very difficult to hear like a restaurant. Anticipate the fact that communications make break down and have strategies pre-determined to deal with problems that arise.

A – Assertiveness helps other understand your hearing difficulties. Let others in your communication group know that you have a difficulty hearing and encourage them to get your attention when speaking to you.

R – Repair strategies for communication breakdown help you and the speaker. They reduce stress in communication and allow for you and the speaker to work together. If you miss information repeat back what you did hear and ask them to clarify what you did not hear.

Tools

S.P.E.E.C.H

How to better communicate with someone who has hearing loss.

C.L.E.A.R

How to better communicate when you have a hearing loss.



Adapted from Idaho State University (2012)
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