

# 10 THINGS SOMEONE WITH HEARING LOSS WISH OTHERS WOULD KNOW



**1. Get my attention – like “Alexa”**

That way I can focus on you:  
Please speak one at a time

**2. Give me quiet:**

Turn off the TV, music, or fan. Ask  
for a quieter booth in a restaurant

**3. Hearing Loss is tiring:**

At times, it takes all my energy  
to fill in the blanks of missing  
sounds

**4. I am not rude or thoughtless:**

I am trying; Please repeat  
and let me speak

**5. Be kind to me:**

When you get frustrated, I would  
rather opt out and be alone

**6. Speak clearly and a bit slower <sup>1,2</sup>**

Give my brain some time to  
process your speech

**7. Repeat and rephrase:**

I will miss some; please repeat,  
rephrase or spell it out

**8. Face me when you speak:**

Lip-reading helps me connect the  
dots when I can't hear you clearly

**9. Hearing aids are not glasses:**

Sounds are louder, but not 100%  
clear, especially in noisy places:  
My *optimal* hearing range is  
about 2-3-4 arm-lengths

**10. Give me context:**

If all I hear is “ca\_”, knowing if it's about  
animals (cat) or headgear (cap), helps.

## Helpful hint for smartphone users – Use Live Captions for real-time text

For **iPhone**: Navigate to Settings > Accessibility > Live Captions, then toggle  
the switch to "on", or set an Accessibility Shortcut with a triple-click.

For **Android**: Navigate to Settings > Accessibility > Live Transcribe, then tap  
open Live Transcribe or create a shortcut by tapping the accessibility button.

<sup>1</sup> The use of Clear Speech has been shown to improve communication [www.tinyurl.com/Clear-Speech-Study](http://www.tinyurl.com/Clear-Speech-Study)

<sup>2</sup> For a Clear Speech handout for consumers [www.tinyurl.com/Oticon-Clear-Speech](http://www.tinyurl.com/Oticon-Clear-Speech)