

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. Face me when you speak:

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

3. Speak clearly and a bit slower ^{1,2}

Give my brain some time to
process your speech

4. Give me quiet:

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

5. Give me context:

If all I hear is “ca_”, knowing if it’s about
animals (cat) or headgear (cap), helps.

6. Repeat and rephrase:

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

7. Hearing Loss is tiring:

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

8. I am not rude or thoughtless:

I am trying; Please repeat
and let me speak

9. Be kind to me:

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

10. 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

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.

¹ The use of Clear Speech has been shown to improve communication www.tinyurl.com/Clear-Speech-Study

² For a Clear Speech handout for consumers www.tinyurl.com/Oticon-Clear-Speech