

# 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<sup>1,2</sup>

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.

<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)