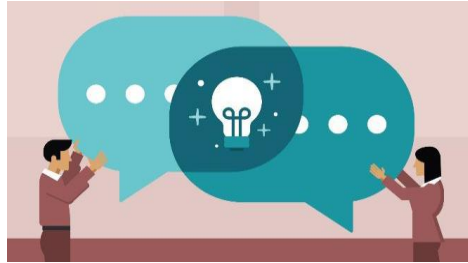


10 THINGS SOMEONE WITH HEARING LOSS WISH OTHERS WOULD KNOW



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