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

- **iPhone:** Navigate to Settings > Accessibility > Live Captions, then toggle the switch to "on", or set an Accessibility Shortcut with a triple-click.
- **Android:** Navigate to Settings > Accessibility > Live Transcribe, then tap open Live Transcribe or create a shortcut by tapping the accessibility

[1] The use of Clear Speech has been shown to improve communication

[2] For Clear Speech techniques, see How "Clear Speech" Helps Those with Hearing Loss, Cleveland Hearing & Speech Center

This handout was created by audiologist Dr. Juliëtte Sterkens, AuD, for Center for Hearing Access
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