

Communication tips if YOU have hearing loss

If you have hearing aids, wear them.

Make sure you can clearly see the speaker's face.

Tell the speaker what he or she can do to help you, such as moving to a quieter place or to a place where you can see his or her face better.

If you did not understand what the speaker said, ask for clarification or share what information you understood rather than asking for repetition.

Ask your audiologist how to improve your listening skills.

Hearing and Balance Research Program at Mountain Home

The Hearing and Balance Research Program seeks to enhance the quality of life for Veterans with hearing and balance disorders. Our aims are to:

- Advance the knowledge of hearing and balance disorders
- Improve best clinic practices for the assessment and rehabilitation of hearing and balance function in Veterans.



Interested in participating?

Call 423.926.1171 extension **7554**

To contact the Hearing and Balance Research Program

Hearing Loss and Communication

*Call 423-926-1171 x7500
for an Audiology Clinic appointment at
James H. Quillen VA Medical Center*



This brochure was developed by the Hearing and Balance Research Program at James H. Quillen VA Medical Center.

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Signs of hearing loss

Not hearing bells, alarms, or telephone

TV volume is too loud for others

Hearing that people are talking, but having trouble *understanding* the words that they are saying

People seem as if they are mumbling when they talk

Missing out on what people are saying, especially when more than two people are talking

Trouble hearing in a noisy place such as a restaurant

Frequently asking other people to repeat themselves

Good communication involves

Face to face conversations

Being close to the person who is talking (3-6 feet)

A quiet place to talk

One person speaking at a time

Communication tips if someone you know has hearing loss

Find a quiet place to talk

Move closer to the person before speaking (3-6 feet)

Get the person's attention before you start talking

Face the person when speaking so that he or she can clearly see your face

Speak clearly and slowly

Do not shout or exaggerate words

If the person with hearing loss does not understand you, rephrase what you are trying to say

