



A national charity since 1911

Communication tips for people with hearing loss

Action on Hearing Loss
actiononhearingloss.org.uk



**NATIONAL
LOTTERY FUNDED**

Be open: tell the person you're speaking to that you have a hearing loss.

Ask people to get your attention before they start talking to you.

Get a better view: stand a reasonable distance from the person so you can see their face and lips. Gestures and facial expressions will help you understand what they're saying.

If necessary, **ask people to slow down** and speak more clearly.

If you don't catch what someone says, just **ask them to say it again or in a different way**.

Keep calm: if you get anxious, you might find it harder to follow what's being said.

Play to your strengths: if your hearing is better in one ear, try turning that side towards the person speaking to you.

Learn to lipread: everyone does it a bit, especially in noisy places.

Be kind to yourself! No one hears correctly all the time.

Action on Hearing Loss Information Line

Telephone: **0808 808 0123**

Textphone: **0808 808 9000**

SMS: **0780 000 0360** (standard text message rates apply)

Email: **information@hearingloss.org.uk**

Action on Hearing Loss (formerly RNID) is the largest UK charity helping people who are confronting deafness, tinnitus and hearing loss. To find out more about what we do and how you can support us, go to **actiononhearingloss.org.uk**

Action on Hearing Loss is the trading name of The Royal National Institute for Deaf People. A registered charity in England and Wales (207720) and Scotland (SC038926).
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