



COMMUNICATION ACROSS THE LIFESPAN

Better Hearing & Speech Month

May is *Better Hearing & Speech Month* which provides the perfect opportunity to raise awareness about communication challenges associated with hearing loss. It is especially important now that people are more comfortable leaving their homes, scheduling doctor visits, traveling, and gathering with friends and family.

Here are suggestions and information to share:

- If you think you have hearing loss, or need to communicate with someone who does, both need to fully focus on the other person. Do not assume people understand just because you say something.
- Maintain eye contact because it will improve your concentration and ability to read the lips and facial expressions. This is especially important.
- Speak naturally, slow down, and clearly enunciate all words.
- Keep your hands away from your face because listeners may rely on facial expressions and lip reading. Use facial expressions and gestures to communicate.
- Sit or stand 3 to 6 feet away to maximize audibility.
- Stay at eye level to help with visual cues.
- Raise your voice slightly. Your voice should neither be too soft nor too loud.
- Speak slowly and make sure the listener understands your views. If either of you has any kind of listening disorder, this will help you both understand the words and the meaning.
- Use short simple sentences for communication. Rephrase yourself if the person has problems in understanding your words.
- Do not raise your voice and shout into the other person's ear. It can cause distortion.
- Speak with feelings of cooperation and empathy.
- Grab the attention of the listener before you talk. For example, call the person by the name first or touch the person's shoulder, hands, or arms.

Accepting New Patients!

Our office is open and continues to safely serve our community following CDC guidelines.



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