

Hearing tactics

For controlling the physical environment

1. Make sure there is enough light falling on the face of the speaker and that there is nothing obscuring their face.
2. Move closer to the talker.
3. Turn the good/better ear towards the speaker.
4. Sit with the good/better ear towards the source of the speech/sound.
5. Sit close to the source of the speech/sound.
6. Try to reduce unnecessary background noise, e.g. turn down TV or shut windows/doors to exclude noise that cannot be turned down.
7. Try to arrange to talk in a quiet room that isn't too echoey. i.e. get away from the noise.

For controlling social interactions

1. Use visual clues, e.g. watch facial expressions and gestures and what the person is doing or looking at.
2. Replay in your mind what you may have heard and fill in the gaps.
3. Ask a partner or a friend to introduce or summarise the topic of conversation, especially when you join a group of people already talking.
4. Remember it is easier to make intelligent guesses about what is being said if you know the topic of conversation.
5. If you miss one thing stay calm so as not to miss the rest.
6. Ask the speaker to speak more slowly and clearly but not to over exaggerate or shout.
7. Ask the speaker to catch your attention before speaking to you.
8. Ask the speaker not to cover their mouth when talking.
9. Ask others not to talk or shout from another room and do not expect to hear from another room.
10. Asking the speaker to 're-phrase' is sometimes better than asking them to 'repeat'

11. Repeat the sentence or phrase back to the speaker; ask a reversed question to confirm details.

12. Ask the talker to write down important details and unusual or difficult words, e.g. names of people or places.

13. Tell others you have difficulty hearing.