

***Nashua Hearing Group  
10 Prospect Street Suite 401  
Nashua NH 03060  
603.577.3219***

**TIPS ON IMPROVING COMMUNICATION**

1. You should always stand or sit with your back to the light. This means that the light will fall on the faces of those you speak to. A good light on the face of a speaker helps with lipreading.
2. Do not strain either of your eyes or your ears in trying to understand what people say, but let your eyes and ears work together to help you.
3. Avoid trying to converse with background noise present. It will be much easier understanding the speaker with the T.V. or stereo off.
4. Be aware that lipreading is not restricted to watching lips. Try to notice gestures, facial expressions, and situational clues which give additional information.
5. First try to find out what subject is being discussed. Lipreading becomes much simpler when you know what people are talking about.
6. Do not try to follow every word people say. Let your eyes travel over the words until the speaker pauses. The key words which unlock the meaning may come at the end of the sentence.
7. Ask the speaker to first get your attention so that you can face them before the main message is spoken.
8. Ask people to talk to you more slowly than usual and at first use short sentences with a pause between each.
9. As all speakers look a little different in their speech, try to take advantage of lipreading as many different people as possible.
10. Remember that lipreading is only a supplement to our hearing. Thus we need to make maximum use of our available hearing. This often involves procuring a hearing aid.
11. Lipreading alone rarely enables anyone to follow 100% of the words seen, but both experiences and experience have proved that it can give much useful help to the hearing impaired.
12. Most important, do not deny your hearing loss. Pretending to hearing often brings more attention to the hearing loss than attempting to deny its existence.