

Tips to Hear and Be Heard



Hearing loss is a growing public health crisis affecting 50 million Americans. Whether you have hearing loss or are speaking with someone who does, here are some helpful strategies.

When speaking to someone with hearing loss:

- Get the listener's attention before speaking.
- Face the listener to facilitate speechreading.
- Avoid speaking from another room.
- Speak clearly at a moderate pace, without yelling.
- Don't chew or cover your mouth while talking.
- Repeat or rephrase as needed; be patient and respectful.
- Don't use dismissive comments, such as "never mind."



If you have hearing loss:



- Tell people you have hearing loss.
- Express your listening needs clearly.
- Find a quiet, well-lit spot for conversation.
- Listen actively and look for visual clues.
- Admit it if you miss something—ask questions and don't bluff.
- Use assistive listening devices or other technology.
- Plan ahead for difficult listening situations. (See reverse side.)

Find More Strategies



hearingloss.org/livingwell

The Hearing Loss Association of America (HLAA) is the leading voice for millions of Americans with, and at risk of, hearing loss. HLAA is dedicated to raising awareness, breaking down stigma and empowering all with advocacy, education and a nationwide network of support. For more information, visit: hearingloss.org

Common Challenges

Recognize that some situations could pose added difficulties for people with hearing loss, such as:



- Phone calls
- Noisy restaurants or parties
- Dimly-lit rooms or strong backlighting
- A speaker's accent, dialect or facial hair
- Seminars, conferences and classrooms
- Movies, concerts and other performances
- Conversation in a vehicle (as driver or passenger)
- Talking while walking single file



Assistive Technology Can Help

Various hearing assistive technology (HAT) can be used with or without hearing aids or cochlear implants (CIs), including:

- Speech-to-text apps for smartphones or in-person conversations
- Closed captioning on televisions and online videos
- Captioning devices or open captions in movie theaters
- Live captioning available by advance request for some events
- Free captioned phones available in many states
- Remote microphones and personal listening devices
- Hearing loops, FM, infrared or Wi-Fi audio systems in public venues



Discover HAT Options



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