

# Please help me hear what you have to say.

## When speaking with me...

1. Get my attention first. If I don't hear you, use a gentle tap or a wave.
2. Face me at all times, allowing a clear view of your face and lips.
3. Speak clearly, at a normal pace and reasonable volume.
4. Understand that background noise makes communication more difficult.
5. Accept that I may find it necessary to ask you to slow down, speak up and/or repeat yourself.
6. Summarize the important information, either verbally or with written instructions.
7. If I have an FM system, please use it.

Use these tips when you speak with someone who has hearing loss. If you have hearing loss yourself, share them with friends, family, colleagues and others to help them learn how to be better heard and understood. when speaking with you.



[www.hearingfoundation.ca](http://www.hearingfoundation.ca)  
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