

Communication Strategies for Better Hearing



Optimum Position

- Face the listener directly when speaking
- Speak at a close distance, ideally within 1.5 metres
- Avoid talking to the listener from another room or while passing by



Speak Clearly

- Speak up but do not shout
- Speak at a slower pace without exaggeration
- Pause in between sentences to give the listener time to process and understand your speech

Speak Simply

- Use simple words and shorter sentences
- Rephrase if necessary



Conducive Environment

- If background noise is present, relocate to a quieter environment or turn down the source of competing noise if possible

Draw Attention

- Grab the listener's attention by calling out their name or tapping them gently on the shoulder before speaking
- This minimises the chances of them missing out the beginning of your sentence

Non-Verbal Communication

- Use hand gestures, facial expressions and body language to provide the listener with visual clues
- Support your speech by writing, texting or using speech-to-text mobile applications



改善听力的沟通技巧



最佳位置

- 与聆听者面对面说话
- 尽量缩短距离，最好在 1.5 米之内
- 切勿从另一个房间喊话或经过时交谈

清楚地说

- 可以稍微提高音量，但切勿呐喊
- 放慢话语的速度，但无需过分夸张
- 在句子之间停顿，可让聆听者有时间吸收和理解沟通内容

简单地说

- 使用简单的词语或简短的句子
- 必要时可以重新组句



良好环境

- 如果周围环境太吵，请转移到较安静的地方或尽可能减低噪音源

引起关注

- 沟通前请先引起聆听者的注意。例如，叫名字或轻拍肩膀
- 这可以减少聆听者错过句子开头的机率

视觉提示

- 使用手势，面部表情和肢体语言来提供聆听者视觉上的线索
- 通过手写，打字或智能手机语音转文字应用程序来增强语音沟通

