



# Ways to Help Yourself

We are all experiencing hearing loss just now with face coverings and screens

No-one will know that you are struggling to hear if you don't say - most people want to help so please ask for support

Find a quiet place with good lighting. Turn your back to the light, so it's on the speaker's face.

Don't stand too close, the optimum distance for a hearing aid is three feet.

Ask the subject of the conversation.

Ask closed questions, with only a yes or no answer.

Not too fast, not too slow!

You might need to ask people to speak clearly and naturally.

Watch gestures, expression and body language.

If you can't catch something, ask them to repeat it / put it another way.

Carry a pen and paper so that others can write things down.

Times, names, dates & addresses.

You don't need to hear every word, just try to get the gist.

Relax and take regular breaks, lipreading can be exhausting.

Thank anyone who takes care to include you.

For more information contact: [positivepebbles@gmail.com](mailto:positivepebbles@gmail.com)

Supported by:

Tweeddale Access Panel  
(Scottish Charity No. SC039279)

