



**Media Release**

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## **International Day for People with a Disability – 3 December 2010**

### **Tips for Talking**

As part of the International Day for People with a Disability, Australian Hearing is taking the opportunity to provide “Tips for Talking” to ensure someone with a hearing impairment doesn’t miss a moment of the conversation.

Hearing loss affects one in six Australians and can leave people feeling isolated, frustrated and make it difficult to follow conversations. The use of hearing aids and listening devices can help to significantly reduce hearing loss, but a person might still experience some difficulties hearing clearly.

When combined with patience and understanding, the following tips will ensure you enjoy effective communication between yourself and someone with a hearing loss - without the misunderstanding and confusion.

1. Talk face-to-face and try to be at the same eye level whenever possible.
2. Avoid shouting and speak normally.
3. If you are not making yourself understood, rephrase rather than simply repeating the same words.
4. Let the person see all of your face - people often use physical cues to help them understand speech.
5. Reduce background noise.
6. Make sure your own face is in good light, ensuring the person you’re speaking to can see you properly.
7. Be patient and try not to become irritated if you’re not understood.
8. Consider the needs of someone with a hearing loss and think about ways to help the person hear when organising social events.
9. Give cues when talking in groups, making it easier for everyone to follow what is being discussed.
10. Slow down, speak clearly and clarify important information when talking on the telephone.

Hearing well is the key to maintaining healthy relationships and continuing to be connected with family and friends. By following the tips outlined above you’ll be helping someone with a hearing impairment to stay socially connected.

If you or someone you know may have a hearing loss, contact Australian Hearing on 131 797 or visit [www.hearing.com.au](http://www.hearing.com.au) to find out if you’re eligible for free hearing services. Australian Hearing provides subsidised hearing care to pensioner concession cardholders and most veterans.

Alternatively, you can check your hearing over the telephone using Australian Hearing’s toll-free service called Telscreen™ on 1800 826 500. This service is available in 11 languages - Arabic, Cantonese, English, Greek, Italian, Macedonian, Mandarin, Serbian, Spanish, Turkish and Vietnamese.

**Ends#**

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