

**GHC**  
GRAND HEARING CENTER

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**HELPFUL TIPS TO IMPROVE YOUR COMMUNICATION WITH OTHERS**

1. **Ask people to get your attention before speaking to you.** This will eliminate the possibility of missed information due to having your attention focused on something else.
2. **Take control of background noise.** Eliminate or move as far away from the noise source as possible. Get closer to the speaker. Let others know if you are having trouble communicating in the background noise. Take control of your environment and seat yourself in a position that will make communication easier.
3. **Use context to help you understand.** Knowing the topic of conversation will help you predict what the speaker may say (therefore, if you miss something can make a good guess). Keep informed of current events in the news and in your family. Most conversations are based around these topics.
4. **Use your vision to help your hearing.** Have adequate lighting to aid in speech reading. Watch gestures and facial expressions (they convey as much meaning as words).
5. **Be an assertive listener.** Don't be afraid to let people know that you are having difficulties and what they can do to help. (ask the person to face you when they speak, ask them to speak clearly without exaggerating their lip movements, etc).
6. **What do I do if I miss something?** Avoid saying "what" because the speaker will not know if you missed the last word, the last sentence, or the whole paragraph! Ask a specific question (You went where last Saturday?). If you are not sure of what you heard, ask them to repeat or rephrase the statement.

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