

Family Conversation Guide

For families living with hearing loss

Hearing loss can make family conversations harder, even when someone wears hearing aids. Small changes can help everyone take part.

Understanding hearing loss

Someone may hear your voice but miss words, especially in noise or a group. Listening can also be tiring. Ask what helps, allow time, and remember that missed words do not mean someone is ignoring you.

Five ways to make conversation easier

- 1 Get their attention first**
Say their name and wait until they are ready. Ask if a gentle shoulder tap is helpful. Avoid starting a conversation from another room or while walking away.
- 2 Face each other**
Keep your face and mouth visible in good lighting. Put down your phone and look toward the person while you speak.
- 3 Speak clearly and naturally**
Use a natural pace and pause between key points. Avoid shouting or exaggerating words. Ask whether your voice is clear and comfortable.
- 4 Reduce background noise**
Turn down the TV or music. Move away from noise sources. Choose a quiet restaurant.
- 5 Rephrase rather than repeat**
Restate the information in a different way. If it's still not clear, try a new approach. Write down important details when helpful.

Good communication is a shared responsibility.

Make a plan together

Use the ideas below to support each other at home and when you're out. Let the person with hearing loss guide what works best for them.

At family gatherings

Take turns speaking and avoid side conversations. Recap important details that may have been missed.

Remember

Hearing aids improve access to sound, but they do not eliminate all communication challenges.

Support each other. Be patient, avoid jokes about hearing difficulties, and make room for a break when listening becomes tiring. Ask how to help without taking over.

Try saying

"Would you like me to repeat or rephrase that?"
"Let's move somewhere quieter."
"What would make this easier?"

Phrases to avoid

"Never mind" or "Forget it."
"You weren't listening."
"I already told you."

Start the conversation

1. What communication situations are hardest for you?
2. What helps you feel included?
3. What could we change at home this week?

Our family plan

We agree to:

- | | |
|--|--|
| ☐ Face each other when speaking | ☐ Rephrase instead of repeating |
| ☐ Reduce background noise when possible | ☐ Include everyone in conversations |
| ☐ Speak clearly and respectfully | ☐ Support one another with kindness and understanding |
| ☐ Be patient when communication breaks down | |

Need support?

Visit [HearingDoctors.com](https://hearingdoctors.com)

Scan to visit our website

