



Helpful Hour:
Your homelife, your hearing



Hearing Dogs
for Deaf People

Hearing Link Services

2. Family – coping with people, events and occasions

Family events can be challenging when you have hearing loss. With a little planning, clear communication, and the right tools, you can make social gatherings more enjoyable and inclusive for everyone.

Family events

Plan in advance, think about:

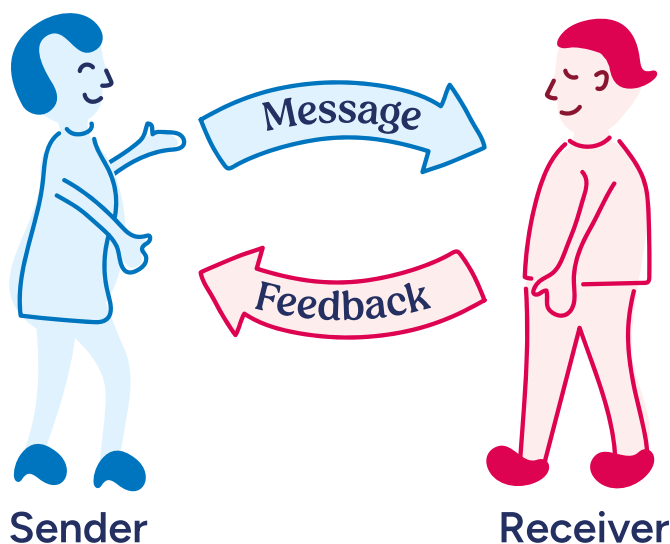
- The size of the event and how that might impact your hearing.
- How long you think you can manage.
- What will work for you.

Make your needs clear

Invest some time to explain your hearing to your family so they can understand what your hearing loss means for you:

- Use the speech banana to explain what you can and cannot hear.
- Show them any technology you use and explain how it helps.
- Share strategies that work for you.

Communication is a two-way process, both sides need to make an effort for it to work.



Communication tips

DO

- ✓ Get the person's attention
- ✓ Keep eye contact
- ✓ Speak clearly / introduce the subject
- ✓ Speak one at a time
- ✓ Repeat back questions
- ✓ Smile and be friendly
- ✓ Write it down
- ✓ Use speech-to-text apps

DON'T

- X Talk too slowly or too fast
- X Shout or talk too loudly
- X Exaggerate gestures or speech
- X Stand with bright light behind you
- X Cover your mouth
- X Say "It doesn't matter"

Communication tools

There are many ways you can support communication including:

- Speech-to-text apps
- Fingerspelling
- Lipreading
- British Sign Language (BSL) or Sign Supported English (SSE).

Explore what might work for you and share your learning with your family.

Speech to text apps

NALScribe, Cardzilla, Live Transcribe and Otter are all free speech to text apps, Check which work on your phone.

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**“If I can't see the words on your lips,
I cannot hear what you say”**

– Merleen, Peer Support Volunteer

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Useful links

(These links open external sites. We are not responsible for content on these sites.)

Lipreading classes – [atalipreading.org.uk](https://atlalipreading.org.uk)

Learn more about living well with hearing loss – hearingdogs.org.uk/at-home

How to communicate with someone with hearing loss – hearingdogs.org.uk/communication