

10 TIPS FOR COMMUNICATING WITH DEAF AND HARD OF HEARING PEOPLE

1 Always ask

how they want to communicate, never assume. It could be Sign Language, lip-reading, writing, or any combination.



3 Check noise and light.

Neutral light needs to be in your face. Make sure your face is not in shadow and there are no strong lights or sunshine in their eyes. Turn off or move away from background noise.



2 Always face

the person and make good eye contact. Look directly at them. Don't look away, cover your face or mouth while communicating with them.



4

Be responsive:

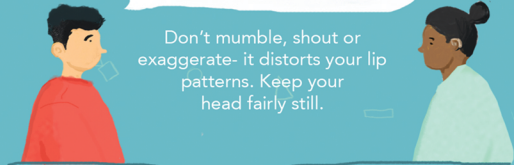
nod rather than saying 'hmmm'. Use gestures, body language and facial expressions to communicate. Avoid being overdrastic.



5

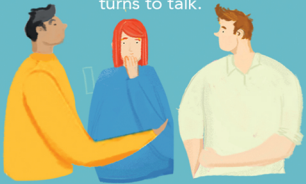
Speak clearly, slowly and steadily

Don't mumble, shout or exaggerate- it distorts your lip patterns. Keep your head fairly still.



6 Take turns.

In a group, if there is more than one person in a conversation take turns to talk.

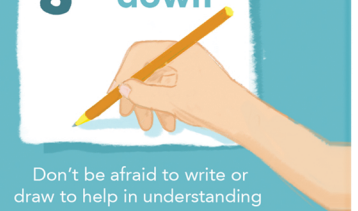


7 Repeat & Rephrase



Repeat or say the same thing in a different way. Do not dumb down or simplify what you are saying. Be patient.

8 Write it down



Don't be afraid to write or draw to help in understanding

9

Visual Technology

Use video calls, text, and emails to communicate and keep in touch.



10

Learn Irish Sign language like you've always wanted to!

