



DID YOU KNOW?

1 in 6 Canadians have a significant hearing loss.

Treating hearing loss **early** is important for your success and to **avoid detrimental effects on the brain** including atrophy (Johns Hopkins Medical Center, 2014) and accelerated cognitive decline (University of Bordeaux, 2015).

COMMUNICATION TIPS FOR IMPROVING YOUR LISTENING ABILITIES

- Ask your communication partner to get your attention **BEFORE** they start speaking
- Ask people to **FACE** you when speaking to you
- Be an active listener by **WATCHING** people speak and using your eyes to help your ears
- Manage the **BACKGROUND NOISE** when you can
- Move to a quieter location for a conversation, turn down tv/music/fans, even momentarily
- Try **CLOSED CAPTIONING** for pre-recorded programs
- Investigate **TECHNOLOGY** ie. apps, to assist you (Ask us for more information)
- **SHARE** your communication needs with others ie. ensuring people don't cover their mouths if you lipread etc

-Dr. Carrie Scarff

** Remember, using good communication strategies help improve EVERYONE's communication abilities since our world is full of challenging listening situations*

ACTIVE LISTENING



Watch what's being said.

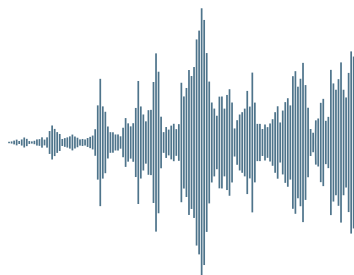
This allows your eyes to help your ears. You will pick up info from people's body language, facial expressions and lips. *Imagine the conversation is a tennis ball that you have to follow.*



Lean in when engaged in conversation and lean back when not. This lets people know when you are listening.



Repeat what has been said to confirm the message if you are unsure of something.



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For additional educational information, research and news about hearing wellness:

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