Communication top tips



Face the person you're talking to, keep your mouth visible and don't turn away

Lip reading and non-verbal clues – such as body language, hand gestures and facial expressions - can significantly increase effective communication.

Repeat yourself or rephrase if necessary and persevere - never say it doesn't matter!

If someone doesn't understand you, use plain language and repeat what you said or phrase it differently.



If you're still struggling to communicate, write it down

Pick up that notepad! If you haven't got access to a pen and paper, try texting on device screens.

and avoid talking over one another If there is more than one

Speak one at a time,

person in a conversation, take turns to talk and make it easy to see everyone's faces.



quickly/slowly Make sure you are speaking clearly, slowly and distinctly, but naturally!

Speak clearly - avoid

shouting or speaking too

Shouting or exaggerating your mouth movements will distort your lip patterns and may actually make speech reading more difficult.

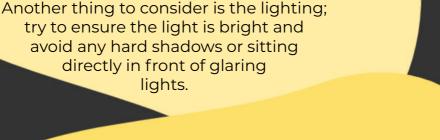
difficult to communicate effectively. Instead, find somewhere quieter to talk if possible.

Be mindful of

your surroundings

Noisy surroundings - whether from people, machines, radios, etc - can make it

avoid any hard shadows or sitting directly in front of glaring lights.



Remember, everyone is different!

While these are some important tips, you should be conscious that everyone has their own individual preferences/needs in how they like to communicate.

Remember to check the other person's munication preferences

For example - do they sign? Can they lip-read? Are they partially able to hear?

1-7 May 2023

Access to Communication

Deaf Awareness Week

