

# TIPS FOR CONVERSATIONS IN NOISY ENVIRONMENTS



Many adults, even those with typical hearing, find themselves asking others to repeat things from time to time. Here are some ways for **speakers** and **listeners** to **help reduce communication difficulties**.



## Tips for Speakers

- Get the listener's attention first.
- Keep your mouth visible.
- Stay 3-6 feet when engaging in conversation.
- Rephrase or simplify if not understood.
- Speak slowly and do not shout.



## Tips for Listeners

- Ask for key information in writing, especially for lectures or doctors' visits.
- Ask the speaker to face you and keep their face visible.
- Turn off or move away from noise sources.
- Check what you heard by repeating the message.
- When possible, choose a quiet, well lit space to have a conversation.

**Audiologists Can Help**

Find an ASHA certified audiologist at [www.asha.org/profind](http://www.asha.org/profind)