

## **Explaining the complex skill of Lipreading**

Lipreading is a complex skill that involves far more than simply watching other peoples' lips. Your lipreading skills will help, but as you progress you begin to understand the day to day clues before you.

Please take a while to study this amazing Lipreading Jigsaw Puzzle. You will recognise it is not just lipreading, there are so many other helpful factors available when communicating.

### **Knowing the situation - Anticipation - Context**

Think of the context that is likely to be said. Know the situation before you What is likely to be said?

When shopping, what is the shop assistant likely to ask you?

"Can I help you?" "Are you paying by card" "Have you got your club card"

Then comes numbers and money. With numbers, times, and dates you could always ask "Did you say —?" or "Can you write it down for me".

With appointments it's dates. Always anticipate, by repeating what you believe has been said.

With the family. In restaurants, travelling. Social functions.

If possible, with all the many situations try and place yourself so you can see the speakers face clearly.

### **Mental agility - Memory - Concentration - Remember your lipreading patterns and speech movements**

Keep alert, try to think sideways. rely on your memory of what might be said, what has been said before in that situation? Open your mind with up to date topics.

By practising these extra skills it allows you to work through many obstacles that you might otherwise face.

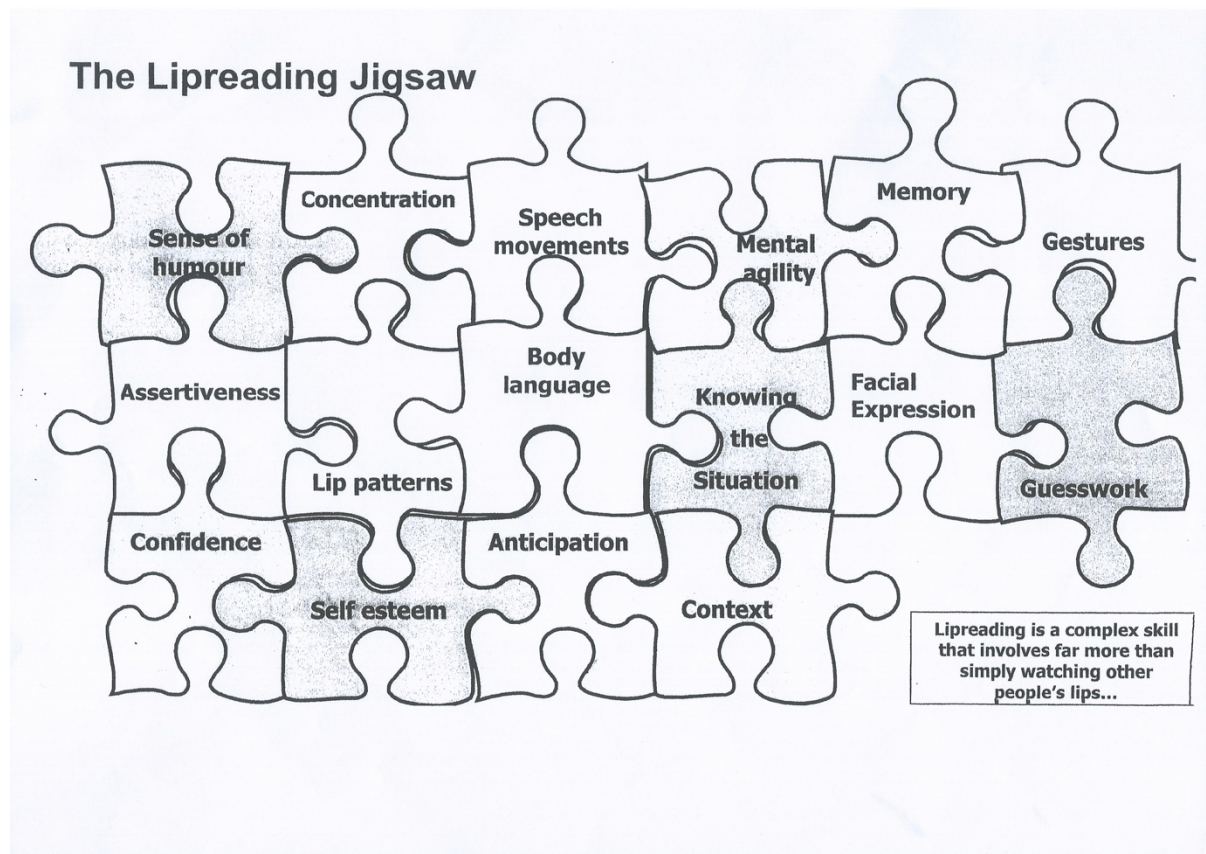
### **Body Language - Gestures - Facial expression**

From babies we learn to understand body language, facial expressions, and gestures. Someone who is smiling, angry, sad. Learning not only this but the sincerity that comes from their eyes. The eyes offer many insights into what might not just be seen by facial expressions and body language and gestures.

**Guesswork** This does not always work but in many situations it does.

**Confidence - Assertiveness - Self Esteem** As you become more aware and assertive your confidence grows. Your self-esteem grows with satisfactory outcomes that become all worthwhile.

Above all keep your - **Sense of Humour**



Remember to:

When trying to communicate and understand look for information around you.

Get the context of what is likely to be said.

Position yourself. Shift round make sure the light is shining on the speakers face. You will be able to understand better standing 3ft away.

Think sideways if what you've seen doesn't make sense. Referring back to what you understand from mouth movements and consonants you know what word would fit better.

Concentrate but take breaks. Don't beat yourself up if you have misunderstood.

Ask questions especially for numbers and colours. E.g. "Did you say?" repeat back what you have heard and understood.

Keep a friend handy if necessary.

**ALWAYS** double check numbers /dates /times, even ask them to write it down. Keep spare batteries available.

Look after your hearing aids. If they become uncomfortable there will be a reason. Book an appointment with audiology.

Be realistic. With a hearing aid you have to train the brain to re-hear again.

You don't have to lipread every word, pick out verbs or nouns then piece it together.

Remember:

38% is information picked up around us. 35% is context of a sentence

17% is the actual sound

10% is lost altogether.

No one hears everything all of the time.

**BE KIND TO YOURSELF**