

How much do we hear

How much do we hear when we communicate?

38% is information we pick up around us. Mostly from hand Gestures, We express ideas or meaning. From Hand, Body movement and facial expressions

35% is Context of a sentence. And what we would expect to hear.

Only 17% is the actual sound we hear in a sentence.

10% is lost.

All this to the hearing loss person requires concentration. So How do we cope? and communicate with one another? What are the strategies that we use?

Hearing people are not only able to hear sounds but also use the communications and lipreader puzzle daily.

So, lip readers have to be aware of these skills even more to help what they see into what they are able to hear.

Knowing the situation. & Anticipation of what they're likely to hear and see Body Language, Hand gestures Facial expressions the information we pick up around us.

Helping yourself understand what you are likely to encounter.

Ask the person to get your attention before you start a conversation Don't stand too far away. Place yourself so you can see their face

All this helps you can understand better what they're saying.

If your hearing isn't the same in both ears, make sure you are in the best position to maximise your 'good side'. Don't be shy about asking people to change places with you, so you can hear a little better or see the light shining on their face.

Try to keep calm. If you become anxious or flustered, it will be harder for you to follow what's being said.

If you don't catch what someone says the first time, don't be afraid to ask them to repeat it or say it in a different way.

If necessary, ask people to slow down, Shouting distorts what you hear. Don't be too hard on yourself. No one hears correctly all the time.

What are you likely to be questioned on? Where are you likely to be?

When you're in the Doctors, Banks, Supermarket or a Restaurant.

The Doctor's receptionist usually asks for your name, date of birth and address or tells you the date of your next appointment, ask her to write this down.

They're not likely to ask "what would you like on the menu?" Or what's your Bank number?

In the Supermarket.

Have you got your club card?

Would you like me to pack?

Look at the cash machine total on the till screen.

Numbers are very tricky, 16 or 60 can sound the same. The teens and the ty's aren't easy to see.

There are more problems in a restaurant It is a little bit difficult with Loud background music. No soft furnishing. Clattering cutlery, and crockery, the coffee machine. Chatter, Scraping chairs. The louder someone talks the louder everyone talks. They ask questions such as:

Would you like a drink? Have you made your choice?

You're not in the Dentist, so the waiter or waitress certainly won't say "open wide and put you head back"

Try & sit away from the coffee machine and kitchen.

Again Try to place yourself in any one given situation.

The Context of sentences you're more likely to recognise. Being Assertive anticipating the questions.

Having Confidence

Explain you suffer from hearing loss if you need to. Family can become irritated and say turn up your deaf aid. Of course, you can't. It's not shameful suffering from hearing loss. It's a fact. You're deaf not daft!!

All this awareness of the situation encourages

Mental Agility, Memory, Concentration.

Try and keep up with the news. Practice new words. Above all keep your brain active. You'll come to recognise these Speech movements.

Try this experiment, when you're by yourself try out these negative and positive words and watch your own reaction. Convinced! NO the eyes & body language give it away. Negative or Positive words have the same effect. Words like did and didn't. Look in the mirror and without voice say I "didn't" and then "I did" Notice your head movements with the positive word "did" the head nods. With the negative word "didn't" the head shakes slightly.

After you've worked with this, you will find your self-esteem is back & most importantly sense of humour.

Learn to laugh at yourself, you eventually develop a terrific sense of humour picking up and taking more notice of the funny things around you. Remember you are not alone.

We must not ever shut ourselves off. It's hard work, but a known fact that shutting off encourages isolation, this causes depression and illness it can also encourage Alzheimers. It's all guess work at the end of the day.