

No short-cuts: more Practice

In order for Clear Speech to become automatic in conversation with a hard-of-hearing individual, it is important to practice Clear Speech during normal conversation. The process is more difficult when thinking and speaking at the same time.

Most people will probably speak clearly for about three to four sentences. After that, they may slip back into their typical speedy, mumbled, soft mode of talking. It may help if you can work out a reminder system with your hearing-impaired family, such as a special hand signal. They will use the signal if they need attention.

Next time when you talk, remember the Clear Speech technique, concentrate on expressing every sound in every word. Do not rush.

Once it becomes natural, you can switch automatically to Clear Speech mode whenever **required**.



Reference: RNID Information Resources for communication tips
Oticon communication information for Clear Speech Patricia B. Kricos,
BHI, Ph.D. Communication for hearing partners

Other communication tips

- even if the person wears a well-fitted hearing aid, it doesn't mean they can hear you.
- remember to talk directly to the person face-to-face or eye-to-eye contact.
- Make sure you have the persons attention before you start speaking.
- Speak clearly but not too slowly, and don't exaggerate your lip movements.
- Use natural facial expressions and gestures.
- Don't shout. It is uncomfortable for a hearing aid user and it looks aggressive.
- If the person doesn't understand, don't keep repeating it. Try rephrasing it or saying it in a different way.
- Find a place with less background noise and good lighting.
- avoid jargon, use plain language.

BH,)))

BRISBANE HEARING
your local hearing clinic

Mt Ommaney
Unit 2, 111 Dandenong Rd
Phone 3376 0025

Sunnybank
Suite 6, 309 Mains Rd
Phone 3344 3000

BH,)))
BRISBANE HEARING

Mt Ommaney Sunnybank



**Clear Speech
Method**

**How to speak to people
with hearing difficulties**

Why we need clear speech

Do you recall your parent or grandparent may have said these? "If you speak properly, I can hear you. If you mumble, I can't." You know you were speaking normally. You are confused why they still can't hear. Your parent may have a hearing aid fitting.

According to a US researcher, studies show that simply asking a person to speak more clearly results in approximately a 20% increase in how much is understood by listeners who are hearing impaired. Another study at Dalhousie University in Halifax, Nova Scotia shows clear speech can improve speech understanding by 40% or more, even in noisy backgrounds.

Producing Clear Speech

By talking in a clear and concise manner, we are able to produce definite changes to the pattern of speech. We can produce sounds more completely without missing certain elements or dropping word endings. Naturally, speech becomes slower and louder and the stress on certain words or syllables becomes more obvious. Most importantly, frequent pauses between key phrases give the listeners the chance to process what has been said before the talker says more.

Clear speech is:

- accurate and fully formed.
- naturally slower (this happens when you attempt to be clearer).
- naturally louder (your voice raises when you attempt to be clearer).
- lively, with a full range of voice intonation (tone) and stress on key words.
- characterized by pauses between all phrases and sentences.

Clear Speech is not:

- a substitute for other communication tactics (such as good lighting, reducing background noise, lip-reading skills).
- needed as a result of a poorly fitted hearing aid. People always receive the benefits of clear speech, even with the best fitted hearing aid.

Practice Clear Speech

Exercise 1

Say the sentence:

"She made the bed with clean sheets "

In normal conversation, the sentence may probably sound like this:

"She made thebed with cleanshees"

two words merged together, a vowel sound 't' is missing.

In a clear speech, the sentence would be:

"She made (pause) the bed (pause) with clean (pause) sheets"

the underlined words are the key words that need to be stressed, after which you should insert natural pauses.

Exercise 2

In the following sentences, we have underlined key words and words that you need to emphasize. Now say the sentences in Clear Speech. Be sure to express every sound.

" Please close the door when you leave"

"I will bring my children to see you"

"Soccer is Jack's favourite sport"

Exercise 3

Now you should underline key words and break the following sentences into natural phrases. Then say them in Clear Speech.

" The cow gave birth to a calf"

"Paul was arrested by the cops"

"Kill the bugs with this spray"

"Crocodiles live in muddy swamps"

"Ruth has a necklace of glass beads"

"All the flowers were in bloom"