

## Tips to help you Lip-read

- Tell the speaker that you lip read before you start the conversation.
- Try and find the quietest place possible for your conversation.
- You should avoid sitting in a position which faces the light. Ask the speaker to stand or sit facing the light..
- Try to sit or stand on the same level and between three and six feet from the speaker.
- Find out the subject of the conversation as soon as possible.
- Don't feel embarrassed about asking for things to be repeated or asking for something to be said in a different way.
- Watch the speaker's whole face, not only the lips. Facial expressions and gestures will tell you a lot about what is being said.
- Keep a pen and paper handy.
- Stop the speaker as soon as you miss something. You may not be able to catch up again.

Give the speaker a copy of this leaflet.

## *Hearing Loss Management Information Series*

Communication Skills and Strategies

### Better Hearing Australia

operates Speech reading classes in a number of Sydney suburbs as well as Canberra, Grenfell and Batemans Bay. You can join anytime. Classes are run during School Term and are conducted by trained Hearing Loss Management teachers. Daytime and night-time classes are available depending on location.

*Better Hearing Australia  
is a Volunteer-run Organisation  
that has been assisting  
Hearing Impaired People  
for over 70 years.*

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BETTER  
HEARING  
AUSTRALIA   
*Sydney Branch*

# Speech-reading



## (Lip-reading)

For People with a Hearing Loss

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## What is Speech Reading?

Speech reading is  
“*Seeing the Sound of Speech*”

The movements of the lips and the tongue, together with facial expression and body language are all clues for the speech reader .



### Is it Important?

With a hearing loss, sounds are quieter or distorted or both. Lip-reading will help considerably in “receiving” the message. Learning speech reading not only helps with communication but improves self confidence.

### Is it Difficult?

Yes - it **is** challenging. It is like “touch typing” in that it requires initial training and effort, and then persistence to improve your standard.

### Will it Help?

Speechreading skills will help in everyday communication with family, friends, colleagues and situations you might previously have avoided.

## What can make Speech-reading Difficult?



- Fast speech
- poor pronunciation
- bad lighting
- face turned away
- hand over mouth
- moustaches and beards



However, under good conditions, speech reading skills can greatly improve your understanding of what is being said.

### Can I learn to Speech-read at home?

There are plenty of books, videos and DVDs about lip-reading, but it is best to learn to speech read with other people.

If you join a day or evening class, you will be taught by an experienced teacher who understands hearing loss.

You will be learning in a sympathetic and supportive atmosphere, gaining encouragement from other people with a hearing impairment.

### Better Hearing Australia Classes

At Better Hearing Australia, our classes are small in size so you gain maximum benefit from interacting with your teacher and fellow students. You can ask for repeats without embarrassment.



## Lip-reading

and

## Speech-reading

Is there a difference?

Strictly speaking, “Lip reading” involves watching the lips of the speaker in order to read rather than hear speech.

Hearing Loss Management teachers prefer the term “Speech reading” because reading speech really involves watching more than the lips!



The whole face should be observed because the movements of the lips and the tongue, together with facial expression and body language, are all clues for the Speech reader.

A competent speech reader can observe:

- the syllables,
- natural flow,
- rhythm,
- phrasing
- stress

of speech by watching the whole face as well as the body language of the speaker.