

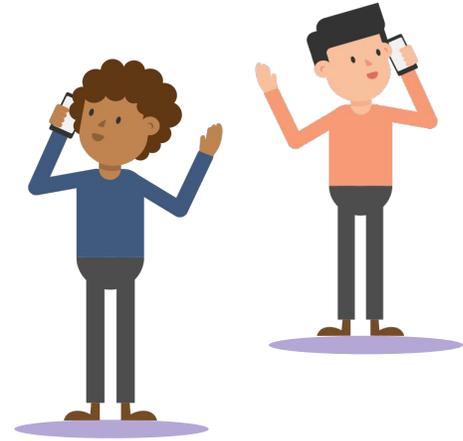
# Tips for **Communicating** at a **Distance**

## Phone Calls

Remote communication is typically reliant on hearing. Most often this is done **through a phone**. Here are our tips to maximize that communication!

### HELP YOUR CONVERSATION PARTNER

- Reduce noise around you so there are **less distractions** for the other party.
- **Consider your rate of speech**. Speaking fast requires faster processing for the listener.
- If your communication partner asked you to repeat, **rephrase your statement** instead of just repeating it. This gives the listener more detail to capture what you said.
- Get as **close to your microphone as possible**. Even a few inches can make your speech clearer and more distinct from background noise.



### HELP YOURSELF

- Identify your **better ear**- and use it!
  - Adjust the volume so it's comfortable for you early in the conversation.
  - **Reduce** distracting noise around you.
  - Upgrade your sound by using high quality headphones or headset. In many cases, the audio quality is better, and it allows you to **utilize the power of both ears!**
- \*If you find yourself constantly maxing out the volume or using speaker phone, schedule a hearing test.*

### HELP YOURSELF WITH HEARING DEVICES

- Consider **phone receiver placement**. Depending on your hearing device configuration, the sound could be better on your ear or with the receiver placed behind your ear.
- Make an appointment with a hearing professional to certify you for a **captioned landline telephone** or **captioning service on your cell phone**.
- Make an appointment with a hearing professional to learn how your hearing devices can **stream phone calls**. In many cases, hearing devices can operate like headphones or a headset. Rather than turning everything up, the **audio is shaped for the needs of your hearing**.
- Be assertive about asking speaker to get as **close to microphone as possible**.

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