

Useful Websites

www.lipreadingpractise.co.uk

www.hearinglink.org

Classes

The Cork Deaf Association runs lipreading classes from time to time depending on the availability of the tutor. Please contact our office to find out more.

Building Confidence

- It's ok to get the message wrong
- When I don't get the message, I ask people to repeat it or say it another way
- I tell people I have a hearing loss
- When it's impossible to hear names, numbers and other information, I can ask the speaker to write it down for me
- I feel free to disagree with what others say or do
- I can say NO and not feel guilty
- I feel comfortable wearing my hearing aids in public
- If someone shouts at me, I ask them politely to speak normally
- When the music is too loud in the restaurant or pub, I ask someone to turn it down
- When I go out for a meal, I ask for a quiet place in the restaurant
- I don't apologise for asking others to help me at times

Cork Deaf Association
5 MacCurtain Street
Cork

Tel: 021 4505944

Fax: 021 4506190

Email: mail@corkdeaf.ie

www.corkdeaf.ie

Facebook:

www.facebook.com/corkdeaf



Lip Reading

Some Helpful Tips

Cork Deaf Association

What is Lip Reading?

Lipreading occurs when a person understands what another person is saying from observing their *lip movements, facial expressions* and *body language*. It can significantly improve communication for people who are hard of hearing.

We *all* lipread to a certain degree whether we realise it or not. You may already be quite reliant on lipreading if you have a hearing loss!

Lipreading skills can be improved with time and patience. This can help you to **communicate better, increase your confidence** and **improve your quality of life**.



Lipreading Tips

You can develop lipreading skills even if you do not participate in classes by following the recommended tips.

1. Watch TV and focus on people to see how their lips move when they talk
 2. Watch your family and friends' lips when they are talking
 3. Look at yourself in the mirror and recite a poem, song lyrics, the alphabet and see how your mouth changes shape
 4. Test yourself! Put the TV on mute and see how much you understand. You could put the subtitles on to help you see how well you are doing
 5. When you are out in a coffee shop or restaurant try to guess what other customers are saying to each other. This can be fun!
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Letter groups that look the same when voiced

- 1) P B M 2) T D 3) K C G
4) F V PH

Some letters produce the same lip/mouth shape when spoken. Example:

A: *'Would you like bees for dinner?'*

B: *'Would you like peas for dinner?'*

These two sentences look the same when voiced but once you know the context of the sentence you will know that sentence **B** is the correct one.

Lipreading requires you to think about the context of the whole sentence so that you can substitute a 'correct' word for the 'misheard' word e.g. *bees* > *peas*.

Looking at facial expressions and body language will also help you to choose the correct word.

