

Centre for Hearing and Balance Disorders

Lip Reading exercises to practice at home

Lip-reading is an aid to communication, but often needs a lot of practice to find it useful. We have suggested a number of exercises to try at home with a member of your family, or a friend.

- Practicing listening to numbers / days of the week / colours / body parts and looking at lip patterns at the same time. These words can be very easy to mix up;
- Practice asking a simple question then listening to the answer;
- Use a checking strategy to check that what you have heard was correct;
- Ask for a sentence to be repeated if it was not understood (up to 2 repetitions);
- Ask for a sentence to be re-phrased if it is still not understood.

Blue = patient

Red = family member/friend

- **What is the total cost? / How much does the coffee cost please?**
- **..... Pounds andPence please.**

- **What would you like for dinner / lunch / breakfast?**
- **I would like with**

- **What time would you like to go to the shops?**
- **I would like to go to the shops at o'clock.**



Patient Information

What to do if you don't understand?

1. Ask for the sentence to be repeated

2. Use the checking strategy to confirm what you have heard, e.g.

- a. Would I like a cup of tea?
- b. Was that £10 and 20 pence?

3. Ask the speaker to rephrase what they have said, e.g.

- a. Would you like a cup of tea?
- b. What would you like to drink?

- Remember it doesn't matter if you don't hear every word, understanding the meaning is more important;
- Relax!

Further practice

- Think of other question and answer situations from every day life and practice these in the same way;
- Try reading a section of prose – such as from the newspaper, and try to work out what the story is about.

Further Information

Action on Hearing Loss

Telephone: 0808 808 0123

informationline@hearingloss.org.uk

Lip reading classes are also available locally – contact **Central England Lipreading Support Trust (CELST)** at info@celst.org.uk, or via their website <http://www.celst.org.uk/registration/>.

Patient Information

Stories for Lipreading has online resources to help more experienced lip readers practice their skills at home <http://www.storiesforlipreading.org.uk/>.

We hope you find this information useful however if you have any further questions or any comments about this information, please telephone Ann-Marie Hawkins or Bernadette Parker on 024 7696 6444.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6444 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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Patient Information