

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

Video Calls

Adding **video to audio** gives the opportunity to make an interaction more dynamic and lifelike. Not to mention, it makes it easier for all parties to **capture every part of the conversation**. Here are our tips to maximize that communication.

HELP YOUR CONVERSATION PARTNER

- ▶ **Good lighting** helps your communication partner read your lips and expressions.
- ▶ **Look at the camera**. Move your image right below the camera or hide it altogether so it feels like you are **looking your partner in the eyes**.
- ▶ Utilize your camera. **Reference the items, people, recipes, etc. that you are discussing** to deepen understanding and connection.



HELP YOURSELF

- ▶ Adjust the volume to a comfortable level at the start!
- ▶ **Reduce** distracting noise around you.
- ▶ Upgrade your sound by using high quality headphones. 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.*
- ▶ Maximize your video feed. **Make it full screen** to better read lips and expression. If you need, increase your display's brightness.
- ▶ **Advocate for yourself**. If you need someone to slow down, ask! Be specific when asking someone to repeat themselves. Often, only one part was missed. This **helps your conversation partner help you**.
- ▶ Be assertive about asking speaker to get as **close to microphone as possible**.



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.

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