



BASIC HINTS FOR INTERACTION WITH A PERSON EXPERIENCING HEARING LOSS

THE GOLDEN RULE : ASK THE PERSON WITH THE DISABILITY

ENGLISH	AFRIKAANS	XHOSA
Wave or touch the person's shoulder to draw the person's attention	Waai of raak aan die betrokke se skouer om sy/haar aandag te trek.	Shukumisa isandla okanye ubambe igxalaba lomntu ukuze azokuhoya.
Don't wave in the person's face or use huge waving gestures if you are close by. A small flapping movement of the hand is usually enough.	Moenie die betrokke se aandag probeer trek deur middel van waai bewegings naby sy/haar gesig of gebare as julle teen aan mekaar is nie. 'n Ligte klap beweging met die hand/vingers is meestal voldoende.	Musa ukushukumisa isandla ebusweni bomntu oknye ubaxe ukushukumisa isandla xa ukufuthshane naye, Ukuphekuza isandla sakho kancinci kuyonela amaxesha amaninzi.
Keep sentences short and use proper sentence construction.	Gebruik korter sine met die korrekte sinskonstruksie.	Izivakalisi zakho mazibe zifutshane, usebenzise indlela efanelekileyo ukwenza izivakalisi zakho.
Rephrase words originally used, rather than repeat sentences if the person does not understand.	Verander woorde wat oorspronklik gebruik is, eerder as om te herhaal indien die betrokke nie verstaan nie.	Phinda amagama ubuwasebenzisile, kunokuphinda isivakalisi umntu angaziqondiyo.
Speak clearly so that the person can see and read your lips.	Praat duidelik sodat die betrokke jou lippe kan sien en lees.	Thetha cacileyo ukuze lomntu abone, afunde nemilebe yakho.
Use a normal tone of voice when having a conversation, unless otherwise indicated by the person..	Moenie jou stemtoon tydens 'n gesprek verhoog, tensy jy versoek word om dit te doen nie.	Sebenzisa ilwizi eliqhelekileyo xa nincokola, ngaphandle kokuba umntu ufuna ngenye indlela.
Do not smoke, chew gum or let your hair cover your face whilst in conversation.	Moenie rook, kougom kou of toelaat dat jou hare jou gesig bedek terwyl jy besig is om te kommunikeer nie.	Musa ukutshaya, uhlafune itshungama okanye uyeke inwele zakho zigqume ubuso bakho xa nincokola.
Use facial expressions to correspond with the topic and mood of discussion.	Gebruik gesigsuitdrukkings wat met die onderwerp en die gemoedstoestand van die gesprek ooreenstem.	Sebenzisa imbonakalo yobuso bakho ukuvumelana nencoko nendlela oziva ngayo ngalo ngxoxo.
Keep eye contact with the person and talk to the person and not to the interpreter / lip speaker/ transcriber.	Behou deurlopend oogkontak tydens die gesprek en praat regstreeks met die betrokke – nie deur middel van 'n derde persoon of sy of haar tolk/ lipspreker of transkribeerder nie.	Amehlo akho mawangqamane ngqo nomntu, thetha nomntu hayi itoliki yakhe / umfundi milebe / umncedisi wakhe.
Be patient when either you or the person experiencing hearing loss, have difficulty in understanding or transferring a message	Wees geduldig as jy of die betrokke dit moeilik vind om die inligting te begryp of om die boodskap suksesvol oor te dra.	Yiba nomonde ukuba omnye wenu okanye umntu lo ungevayo ngendlebe ninobunzima bokuvana okanye ukudlulisa umyalezo wakho.
Do not change the subject or change your language in mid - sentence.	Moenie die onderwerp of taal in die middel van die sin verander nie.	Musa ukutshintsha incoko okanye utshintshe ulwimi phakathi encokweni
Use basic signs to support you in transferring your message.	Gebruik basiese gebare en lyftaal om die boodskap oor te dra.	Sebenzisa iimpawu ezilula ukuncedisa ukudlulisa umyalezo wakho.
Indicate unforeseen happenings e.g. sudden loud music or dogs fighting	Hou die betrokke op hoogte van onvoorsiene omstandighede : soos musiek wat kielik begin speel of honde wat begin blaf.	Bonisa izinto ezenzeka ngophanyazo, umzekelelo umculo okhala kakhulu ngesiqophe okanye izinja ezilwayo.



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Ensure that the light shines on your face from the front.	Maak seker dat die lig van voor af op jou gesig skyn.	Qinisekisa ukuba ilitha likhanya ebusweni bakho lisuka ngaphambili.
Avoid light from behind - If you are standing with your back to a light source, such as a window, the glare may obscure your face and make it difficult for the person experiencing hearing loss to communicate.	Vermy lig komende van agter – as jy met jou rug na die ligbron soos 'n venster staan, sal die lig jou gesig in skadu hul – wat kommunikasie bemoeilik.	Phepha ilitha eliza ngasemva – Ukuba umile umva wakho ujonge entweni ekhanyayo, njengefestile, ukukhanya kwenza ukuba ubuso bakho bungabonakali, kwenze ukuba kubenzima kumntu ongevayo ngendlebe ukunxibeleva nawe.
Establish a comfortable distance between you and the person involved in communication.	Stel 'n gemaklike afstand tussen jou en die persoon met wie jy kommunikeer vas.	Yenza kubekho isithuba esoneleyo phakathi kwakho nomntu oncokola naye.
Establish eye contact before beginning communication. This might be considered a "stare" in other cultures, but not in the "culture" of persons experiencing hearing loss.	Bewerkstellig oogkontak voordat die gesprek in aanvang neem. Dit mag dalk in sekere culture as 'n "starende blik" beskou word, maar in die kultuur van mense met gehoorverlies ervaar is dit beslis nodig.	Qinisekisa ukuba amehlo enu angqamene phambi kokuba niqale nincokole. Le kungathiwa kukuthi "ntsho" kwezinye izithethe, kodwa hayi "kwisithethe" sabantu abangevayo ngendlebe.
Do not pass between two people communicating. If you have to, excuse yourself before walking through.	Moenie tussen twee mense wat kommunikeer deurloop, en sodoende kommunikasie verbreek nie – maak verskoning voordat jy hul kommunikasie verbreek.	Musa ukunqumla phakathi kwabantu ababini xa bancokola. Ukuba kunyanzelekile, cela uxolo phambi kokuba uhambe phakathi kwabo.

Need more information?

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