

# DO THEY HAVE HEARING LOSS?

## Information for Family Members

Here are some signs to help you determine if your family member has hearing loss:

- Turning up the TV or radio louder than others
- Asking family or friends to repeat frequently
- Thinking everyone mumbles
- Avoiding activities because they can't hear at them
- Frequent ringing in the ears
- Difficulty hearing on the telephone
- Difficult hearing in a 'crowd' or where background noise is present
- Avoiding places because they can't hear

If they experience **TWO** or more of these symptoms frequently:

**Encourage** them to get their **hearing examined** by a qualified hearing professional. Support them by accompanying them to the appointment if possible. On-site appointments are available at most Silvera Communities. Contact us to arrange.

**Remind** them that hearing loss is common, especially over age 60. There are important reasons to seek treatment if they have hearing loss, such as brain health.

*The latest Canadian research shows that hearing loss is present in 47% of those over 60 and that on average, individuals take between 7-10 years to take action. Research in the Journal of the Geriatric Society of America (2015) showed **increased cognitive decline** in those age 50+ with hearing loss who **did not wear hearing aids compared to those who did.***

**Encourage** them to **consider** trying hearing aids or other assistive devices recommended by their hearing professional.

There are many types of hearing aids and devices

There are financial support programs for seniors of all income levels. We can help them find financial applications to assist them.

Assistive devices such as amplified telephones, headphones and shake awake alarm clocks, may also be of help (available at Deaf & Hear Alberta).

Call our Audiology Innovations clinic at **403-252-4722** to make an appointment at our clinic or **403-802-6022** for an onsite evaluation at their Silvera residence. No medical referral is required. Information is provided by Dr. Carrie Scarff, Ph.D. Audiologist.



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**403-252-4722**

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