

# WHAT TO DO IF YOU THINK YOU HAVE HEARING LOSS

## INFORMATION FOR SENIORS 2017

Symptoms of hearing loss:

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

What to do if you experience two or more of these symptoms frequently:

1. Arrange to have your hearing examined by a qualified hearing professional.
  - Ask for a referral for an Alberta Health Services covered exam from your family Doctor (wait time approximately 6-9 months), or arrange a test through an Audiology clinic for a fee). Individuals on a restricted income may have this fee waived (at our office for example or during our home visits to your residence).
2. If you have hearing loss, you should consider trying hearing aids or other assistive devices recommended by your hearing professional.
  - There are several types of hearing aids and devices and several financial support programs available for seniors of all income levels. Our hearing healthcare professional can help you find financial applications to help you.

IN SOME CASES, THE COST OF HEARING AIDS MAY BE COVERED

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

*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. **Don't delay**, as recent 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.*

This information is provided by Dr. Carrie Scarff, Registered Audiologist in Alberta, Board member of Deaf & Hear Alberta. For more information on these suggestions, visit [www.audiologyinnovations.ca](http://www.audiologyinnovations.ca) or by contacting Audiology Innovations, 202-320 23<sup>rd</sup> Ave SW, ph. 403-252-4722 & 226-3715 51<sup>st</sup> St. SW. p.403-802-6022 for home visits