

If you have a hearing aid and aren't using it



- Don't give up – it takes time to get used to putting it in – it takes time for your brain to get used to listening through a hearing aid or implant
- Go back to your audiologist – and ask for help
- Find your nearest Hear to Help service at www.actiononhearingloss.org.uk
- Ear Foundation Sound Advice service www.earfoundation.org.uk
- Hearing Link Services www.hearinglink.org



The Ear Foundation
Hearing & Communicating in a Technological Era



Working with:



Rushcliffe Clinical Commissioning Group

More leaflets available from
info@earfoundation.org.uk

Hearing Loss



- Does everyone mutter?
- Do you need to turn up the TV?
- Is it difficult to hear on the telephone?
- Does your partner say you shout?
- Is it difficult to hear in a group?

Maybe....
you have
a hearing
loss?



Did you know?

41% of people over 50 are likely to have a hearing loss: over 70 this figure is 70 %

- Only one in three of those who could benefit from hearing aids has got them
- On average, there is a 10 year delay in people seeking help for hearing loss
- When they do seek help they often don't get the referral they need to audiology

Did you know the impact of hearing loss?

- Hearing loss can potentially bring isolation from friends and family and missing out on things we take for granted like conversation with friends, hearing our grandchildren, music
- Can greatly increase the risk of depression in older people
- People with mild hearing loss also have greater risk of developing dementia and this risk increases significantly for those with moderate and severe hearing losses
- Today's technological solutions make employment options easier: people with severe and profound deafness are four times more likely to be unemployed than the general population

Did you know that modern hearing technologies mean you can still hear well and keep connected to family and friends?

- The good news is that if you want to protect your quality of life with hearing loss you can
- Today's digital hearing aids are programmable for your needs
- Bone-anchored hearing systems provide useful hearing for a wide range of conditions
- Cochlear implants provide hearing for those who are profoundly and totally deaf – most become able to understand conversation without lipreading and to use the telephone
- Age is not a barrier to using these technologies – you are never too old!
- But... the sooner you get a hearing aid or implant the more effective they are

With modern technology you don't need wires to connect, and technology is discrete. Listening devices such as Bluetooth, FM systems can help you in everyday life, including in noise.

So... if you think you have a hearing loss - what should you do?

- Go to see your GP and discuss a referral to an audiologist
- Check your hearing – at www.actiononhearingloss.org.uk
- Do not give up!
- Your hearing is precious... it makes communication with your family and friends possible

