

I think I might have a hearing loss?

Facts about hearing loss

- 1 in 6 people, in Australia, have a hearing loss. This number increases with age
- There are different types of hearing loss. A common type of permanent hearing loss can occur with age or through noise damage and cannot be medically treated. Hearing aids are usually successful for this type of hearing loss
- After first noticing a hearing loss, people tend to wait an average of 7 years before seeking help
- Many people with hearing loss do not use hearing aids, even though they should. If hearing aids, or other hearing devices, are recommended it's best to get them early so you have the best chance to get used to them, and to get the most out of them
- People develop tinnitus because there is damage in their auditory system. It may start because of damage to the inner ear, but it is generated in the brain

Some signs of hearing loss

- You feel that others mumble
- The TV is too loud for others
- You have difficulty hearing in background noise, such as at a restaurant
- You have difficulty hearing on the phone
- Friends or family report that you aren't hearing them properly
- You have not been hearing the telephone or doorbell ring
- You have a general feeling that something isn't right with your ears or your hearing

Problems that can occur due to unmanaged hearing loss

- Decreased quality of life and social isolation
- Strained relationships
- Increased tiredness
- Loss of confidence
- Anxiety and depression
- Increased risk of dementia

What can I do?

- Have your hearing checked regularly (every 12 months over the age of 50) by an Audiologist
- Use communication strategies such as making sure you can clearly see people's faces, and reducing the distance between you and the person you are speaking to
- Look after your general health
- Wear hearing protection for loud music and when using power tools etc.
- Talk to your Audiologist about using Assistive Listening Devices (ALD's) to make the TV or phone easier to hear, or the doorbell louder
- If you do get hearing aids, persevere with, and wear them

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All information provided is current at time of publication and has been created with the expertise of qualified audiologists. For more information contact Better Hearing Australia (VIC) or an Accredited Audiologist