

What to DO if You Think You Have Hearing Loss

Information for Adults 50+

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:

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 6-8 months), or arrange a test through an Audiology clinic for a small fee). Individuals on a restricted income may have this fee waived (at our office for example).
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. Your hearing healthcare professional can help you find financial applications to help you.

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

-Assistive devices such as amplified telephones 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. Dr. Carrie Scarff, and her colleagues Elan Feldman, Registered BC-HIS, and Eleese Llewellyn, Registered HAP, are leaders in the field of hearing loss care. They are committed to working together with you to improve your hearing with the most effective resources available. For more information on these suggestions, visit www.audiologyinnovations.ca or by contacting them by phone at one of their two locations shown below.



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