



Ask

EVERCARE'S
CHIEF MEDICAL
OFFICER



**AGING &
HEARING
LOSS**



EVERCARE

31 Cerone Place
Newburgh, NY 12550
www.EverCare.org
845.569.0500

A COMMON CONDITION

Hearing loss is one of the most common conditions affecting elderly adults.

Approximately one in three people ages 65-74 has hearing loss, and nearly half of adults older than 75 have trouble hearing.

SIGNS OF HEARING LOSS

See your doctor if you:

- Have trouble hearing over the telephone.
- Often ask people to repeat themselves.
- Need to turn up the TV volume that others can hear well.
- Have difficulty hearing because of background noise.

**SUDDEN DEAFNESS
IS A MEDICAL
EMERGENCY.
IMMEDIATELY SEEK
MEDICAL CARE!**

CAUSES OF HEARING LOSS

- Inner ear damage from constant loud noises (e.g. lawn mowers, high-volume music, use of headphones, heavy machinery, trains); may result in permanent damage
- Accumulation of ear wax and/or fluid build-up
- Ear infections (viruses and bacteria)
- Foreign objects placed into the ear(s)
- Subsequent rupture of the eardrum
- Heart conditions, strokes, tumors
- Medications (e.g. large doses of aspirin, NSAIDS, certain antibiotics)

DEVICES TO ASSIST HEARING

- Hearing Aids: These popular devices help amplify sounds. There are many types of hearing aids; an audiologist (hearing aid specialist) will help you pick the best one for your needs.
- Alerting Devices: These connect to doorbells, alarm clocks, and smoke detectors to send a loud signal or blinking light.
- Cochlear Implants: These are electronic devices for people with severe hearing loss.

TIPS IF YOU HAVE A HEARING PROBLEM

- Don't keep it a secret! Hearing loss is nothing to be ashamed of.
- When speaking with someone, let that person know you have a hearing problem; if needed, ask him or her to reword a sentence and try again; ask people to face you and to speak more clearly and loudly.



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info@EverCare.org
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845.569.0500
TTY: 845.569.2228

MANAGED LONG-TERM
CARE PLAN
877.255.3678

CERTIFIED HOME HEALTH
AGENCY
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ADULT SOCIAL DAY
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