

Can you turn that louder?



Managing Hearing Loss in Older Adults

Loss of hearing gradually occurs in most of us as we age.

In the United States

40–45% of people over age 65 have hearing loss and over 80% of people over age 70 have difficulty hearing.



Here's where to start:

Understanding age-related hearing loss (or presbycusis) is important. Have you often found yourself asking people to “speak up,” “stop mumbling” or “slow down” when speaking to you? Is it hard to have conversations with friends and family? What about understanding a doctor’s advice, responding to warnings and hearing doorbells and alarms? Do you turn up the volume on your radio or TV so much that your neighbors complain? Is listening to phone conversations difficult? If so, you may be experiencing hearing loss, a common problem in older adults. Yet, only about 20% of people with significant hearing loss obtain hearing aids. Living without hearing aids can lead to diminished quality of life, falls and even depression.

Who experiences hearing loss?

Many older adults who experience hearing loss have a combination of age-related loss and noise-induced hearing loss. Men typically begin to experience hearing loss at younger ages than women. Often, men are less likely to admit hearing loss than women.



Get your printable hearing quiz:
www.cje.net/hearingloss



What causes hearing loss?

Hearing loss is caused by long-term exposure to loud noise, aging, diseases like diabetes or high blood pressure, heart conditions, stroke, brain injury, some medications and heredity. Excess earwax or fluid buildup can block sounds, as can a punctured eardrum. Sometimes, other physical changes in the ear can cause hearing loss.

What can I do if I have trouble hearing?

If you think you have hearing loss, talk to your health care provider. This might be your primary care physician or nurse practitioner, especially if you need a referral to an **otolaryngologist**. Often called an ENT, this is a doctor who specializes in diagnosing and treating conditions of the ear, nose, throat and neck. He or she will try and find out why you're having trouble hearing and offer treatment options. You may be referred to another hearing professional, an **audiologist**.

An **audiologist** has specialized training in identifying and measuring hearing loss. Some may be licensed to fit hearing aids as well. A hearing aid specialist is someone who is licensed by the state to conduct and evaluate hearing tests, offer counseling and fit and test hearing aids.

Hearing loss is often treatable. Don't delay in seeking help.

How can CJE SeniorLife help?

We can refer you to the following supportive services:

CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

Your Eldercare Consultants—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

Consumer Assistance—We are resource specialists available to help you identify and apply for the broadest possible range of benefits and support services available to older adults.

Counseling Services—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: We offer a full continuum of care. Individuals of all ages, faiths and income levels can access life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the process of positive aging.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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