

DO I HAVE A HEARING PROBLEM?

Ask yourself the following questions. If you answer “yes” to three or more questions you could have a hearing problem and may need to have your hearing checked.

Do you sometimes feel embarrassed when you meet new people because you struggle to hear?

YES NO

Does your hearing limit your personal or social life?

YES NO

Do you have trouble hearing when visiting friends, relatives or neighbors?

YES NO

Do you feel frustrated when talking to family members because you have difficulty hearing them?

YES NO

Does a hearing problem cause you to argue with family members?

YES NO

Do you have difficulty hearing or understanding co-workers, clients or customers?

YES NO

Is it hard to hear in restaurants or movies or the theater?

YES NO

Do misunderstandings occur with friends and family due to challenges with hearing or following conversations?

YES NO

HOW TO TALK WITH SOMEONE WITH HEARING LOSS

- Find a quiet place to talk to help reduce background noise.
- Use good light and facial expressions or gestures to give clues.
- Face the person and speak clearly.
- Speak a little more loudly, slowly and with a lower pitch.
- Do not hide your mouth, eat, or chew gum while speaking. Repeat if necessary, using different words.
- Try to make sure that only one person talks at a time.
- Be patient, stay positive and relaxed.
- Ask how you can help.

cje SeniorLife
Jewish values for positive aging



THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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