

There is no ENT doctor or audiologist available where I live

## What can I do?



Ask a health worker or doctor close to you about where you can get your hearing tested. If such services are not available, you may need to travel to another town/city, where this test can be done.

If there are no audiologists or ENT doctors available locally, you could raise this with the local health authorities and ask that such services be provided.

## What else can help to reduce the impact of hearing loss?



Keeping the background noise low, at home, at work and in social places



Learning to lip-read

Using:



- Loop systems
- Text messaging
- Telephone amplifiers
- Flashing and vibrating alarms
- Portable sound amplifiers



Captioning and subtitling of audio content on different media channels



Use of apps on phones to convert speech to text

You should get in touch with other hard of hearing or deaf adults, who can support and guide you.

My hearing score is good, but I know others who have hearing loss

## How can I help them?

### To support others who may have hearing loss:

- ✓ Encourage them to get their hearing checked
- ✓ Speak clearly and slowly. Don't shout!
- ✓ Stand in good lighting facing the person when you speak
- ✓ Do not exaggerate or distort lip movements
- ✓ Don't all talk at once. Encourage people to speak one at a time
- ✓ Reduce background noise or move to a quieter setting
- ✓ Include of the person with hearing loss in all activities
- ✓ Encourage the person to talk about his/her hearing loss with others
- ✓ Advocate with local authorities to make sure that:
  - Hearing care services are available
  - Public places are made accessible
  - Captioning of audio-visual content is made mandatory



World Health Organization

DON'T LET HEARING LOSS LIMIT YOU










## Hearing for life



## Could I have hearing loss?

You could have a hearing loss if you

-  Often ask people to repeat themselves
-  Turn up the volume of the radio or television
-  Have difficulty following conversations in noisy places
-  Have difficulty in understanding what is said over the phone
-  Have a ringing sensation in the ear (tinnitus)
-  Have problem in hearing sounds like doorbell, alarm or a telephone ringing
-  Are told by people that you speak loudly

## I am not sure about my hearing What should I do?

Check your hearing!



Get your hearing tested (audiometry) by a professional. Hearing test is easy and doesn't take long. Make sure you get it done as soon as possible.



In case you are unsure that you need a hearing test, you can check your hearing with the **hearWHO app**. This is available for free download. Follow its simple instructions to know your hearing score.

<https://www.who.int/health-topics/hearing-loss/hearwho>

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If you have any of the symptoms above or if your **hearWHO** score is below 50, make sure you consult a health worker. **Don't delay!!**

## What if I have hearing loss? What are my options?

You could benefit with



Medicines and/or surgery

Use of hearing aids and cochlear implants



Aural rehabilitation therapy and counselling

Talk to others with hearing loss



## I feel that people will stigmatize me if I wear a hearing device?



Hearing loss is nothing to be ashamed of and keep to yourself. **1** out of every **20** people has a hearing loss that needs management. Explain to family, friends and colleagues how you need to manage communication with them differently. Learn more about hearing loss and make others aware how common hearing loss is. Be a role model!

Even though my score test results are not good, I think I am fine for now

## What's the harm if I wait a few months or years to get a hearing device?



Living with unaddressed hearing loss, you unknowingly miss out important sounds and words, making it difficult and tiring to carry out conversations and interact socially.

Hearing loss can add to or worsen depression and dementia

Hearing loss in adults is the most common modifiable risk factor for dementia



Delay in diagnoses could mean that you will not be able to have the same benefit from hearing aids and rehabilitation, as you could if you act promptly. Age often affects one's ability to adjust to a new way of listening and communication.



Hearing loss also affects those around you and may result in misunderstandings and frustration.



Visit the doctor, an audiologist or an ENT doctor for an examination and to discuss what options may be most beneficial for you.