

THE IMPORTANCE OF HEARING FOR SENIORS



Hearing Paradise
Helping You

Call Us Now at (385) 336-4648

Get Tested

Hearing tests can often be overlooked or put off, but they are just as important as regular check-ups at your primary care physician (PCP) or dentist. Furthermore, seniors in long-term care facilities should be tested more regularly.



Hearing Loss Statistics and the Link to Dementia



Our hearing is one of the most important of all the senses, but as we get older our ears become more sensitive to damage and the tiny hair cells in the inner ear can suffer general wear and tear.

They are particularly important for those aged 60 plus, as according to the National Institute on Deafness and other Communication Disorders (NIDCD), approximately one in three people between the ages of 65 and 74 has hearing loss,

and nearly half of those older than 75 has difficulty hearing.

It is also noted that across the United States, as many as 50% of nursing home residents have cognitive impairments, such as dementia. Of which, it is also reported that there is a clear relationship between hearing loss and dementia. Hearing loss tends to be statistically more apparent in nursing home residents and the elderly. The more severe the hearing loss, the more likely a long-term care resident is to have dementia.

Hearing loss can also have an impact on communication and relationships with family, friends and the general public. Not being able to hear other people can lead an elderly person to become depressed and face social isolation but booking a hearing test can go a long way to solving these problems easily.

“Some studies have suggested that mild hearing loss is linked to a doubling of dementia risk, and that moderate hearing loss can triple it. With severe hearing loss, the risk can be five times as high.”

— Dr. Frank Linn, assistant professor of otolaryngology and epidemiology at Johns Hopkins University, 2012

Keep up Hearing Aid Maintenance

It's extremely important to make sure your elderly loved-one's hearing aid is in good working condition at all times. Check the wax filters daily and change them regularly and keep spare batteries nearby.



Hearing Problem Self Diagnosis:

Ask yourself the following questions. If you answer "yes" to two or more of these 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?
- Do you feel frustrated when talking to members of your family because you have difficulty hearing them?
- Do you feel restricted or limited by a hearing problem?
- Do you have difficulty hearing when visiting friends, relatives, or neighbors?



- Does a hearing problem cause you to argue with family members?
- Do you have trouble hearing the TV or radio at levels that are loud enough for others?
- Do you feel that any difficulty with your hearing limits your personal or social life?



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