

ABOUT HEARING LOSS IN OLDER ADULTS

- **Hearing loss affects up to 1 out of every 2 older adults**
- **Hearing loss is highly related to depression, lower quality of life, and memory and thinking problems**
- **Many causes include:**
 - **Aging changes in nerves and bones of ears**
 - **Earwax plugging ear canal**
 - **Some medications**
 - **Stroke**
 - **Dementia**
 - **Other diseases**



Earwax in Ear Canal



Earwax in Ear Canal

Communicating With a Person With Hearing Loss

- Face the person directly with your lips at the same level as theirs.
- Maintain eye contact.
- Speak a little louder than usual, a bit more slowly, and be as clear as possible.
- Do NOT shout. Shouting raises the pitch of your voice and may make it harder to understand you. Lower the tone of your voice slightly if possible.
- Try to converse in a quiet environment. Avoid being near other conversations and remove background noise if possible.
- Use pictures, hand signals, or writing if possible.



Earwax Removal