

## ARE YOU HEARING CLEARLY?

Many people experience hearing loss gradually, often due to the natural aging process or long exposure to loud noise. Hearing loss can also be a sign of more serious health problems. Answer the following questions, developed by the American Academy of Otolaryngology and tested in an extensive study by the National Committee on Aging, to determine if you may have a hearing loss.

**1.** I have a problem hearing over the telephone.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**2.** I have trouble following the conversation when two or more people are talking at the same time.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**3.** People say that I turn the TV volume too high.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**4.** I have to strain to understand conversations.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**5.** I miss hearing some common sounds like the phone or doorbell ring.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**6.** I have trouble hearing conversations in a noisy background, such as a party.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**7.** I get confused about where sounds come from.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**8.** I misunderstand some words in a sentence and need to ask people to repeat themselves.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**9.** I especially have trouble understanding the speech of women and children.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**10.** I have worked in noisy environments (such as assemble lines, construction sites, or near jet engines).

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**11.** Some people I talk to seem to mumble, or don't speak clearly.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**12.** People sometimes get annoyed because I misunderstood what they say.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**13.** I misunderstand what others are saying and make inappropriate responses.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**14.** I avoid social activities because I can't hear well and fear I'll make improper replies.

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

**15.** Ask a family member or friend to answer this question: Do you think this person has a hearing loss?

- Almost always (3 points)
- Half the time (2 points)
- Occasionally (1 point)
- Never (0 points)

Score: \_\_\_\_\_

If you scored ten or more points, you should have your hearing tested professionally by Hearing Health Centers.