

1-minute Hearing Self Assessment

1. I feel discomfort or embarrassment when meeting new people because of my hearing

- Never Sometimes Often

2. I find that following conversations in a noisy environment, such as a busy restaurant, can be very difficult

- Never Sometimes Often

3. People seem to mumble more these days when they talk, and find myself asking them to repeat themselves more often than I used to

- Never Sometimes Often

4. Others comment that I have the radio or television turned up too loud for their liking

- Never Sometimes Often

5. If I did not see the source of a sound, I find it hard to know what direction it came from

- Never Sometimes Often

6. Family members have commented that they think that I may have a hearing problem – and they become frustrated when I've not fully heard what they have said

- Never Sometimes Often

7. Following conversations on the telephone is particularly difficult, particularly with children

- Never Sometimes Often

8. I used to be more active in group conversations. (E.g. dinner table)

- Never Sometimes Often

9. I mishear what people have said and respond inappropriately

- Never Sometimes Often

10. Sometimes I experience a persistent or prolonged 'ringing in my ears' (known as tinnitus)

- Never Sometimes Often

Adding up your score: Never = 0, Sometimes = 1, Often = 2

If your total score is more than 5, then your life is very likely to be affected by hearing loss and we would recommend a hearing assessment. If your score is more than 10, then there is little doubt that your life could be significantly improved by addressing your hearing loss and adopting a hearing solution.