



SELF-CHECK FOR ADULT HEARING

The following questions will help you determine if you have a hearing loss and need to have your hearing evaluated:

- Do you have a problem hearing over the telephone?**
- Do you hear better in one ear than the other when you are on the telephone?**
- Do you have trouble following the conversation when two or more people are talking at the same time?**
- Do people complain that you turn the TV volume up too high?**
- Do you have to strain to understand conversation?**
- Do you have trouble hearing in a noisy background?**
- Do you have trouble hearing in restaurants?**
- Do you have dizziness, pain, or ringing in your ears?**
- Do you find yourself asking people to repeat themselves?**
- Do family members or co-workers remark about your missing what has been said?**
- Do many people you talk to seem to mumble (or not speak clearly)?**
- Do you misunderstand what others are saying and respond inappropriately?**
- Do you have trouble understanding the speech of women and children?**
- Do you get annoyed because you misunderstand what they say?**

If you answered yes to more than two or more of the above questions, you should have your hearing tested by an ASHA certified audiologist.

Referenced from: The American Speech-Language Hearing association