

SELF ASSESSMENT HEARING TEST

The onset of hearing loss is usually very gradual. It may take place over 25-30 years or it may happen more rapidly if you are exposed to loud noises at work or through hobbies. Because it usually does occur slowly, you may not even be aware you have a problem until someone else brings it to your attention. Here is a simple test you can take to determine if you have a hearing problem.

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| 1. Do you have to turn the volume up on the television? | YES | NO |
| 2. Do you frequently have to ask others to repeat? | YES | NO |
| 3. Do you have difficulty understanding when in groups or in noisy situations? | YES | NO |
| 4. Do you have to sit up front in meetings or in church in order to understand? | YES | NO |
| 5. Do you have difficulty understanding women or young children? | YES | NO |
| 6. Do you have trouble knowing where sounds are coming from? | YES | NO |
| 7. Are you unable to understand when someone talks to you from another room? | YES | NO |
| 8. Have others told you that you don't seem to hear them? | YES | NO |
| 9. Do you avoid family meetings or social situations because you "can't understand"? | YES | NO |
| 10. Do you have ringing or other noises (tinnitus) in your ears? | YES | NO |

Scoring:

Answered Yes to less than 3 of the questions... no significant hearing loss present

Answered Yes to between 3 and 5 questions... you may have a slight hearing problem*

Answered Yes to between 5 and 7 questions... you have a moderate hearing problem*

Answered to more than 7 questions... you have a significant hearing problem*

*In order to determine the exact degree of hearing loss present, you should have your hearing evaluated by a licensed Audiologist.