

HEARING HEALTH AND AGING



Hearing Changes with Age

- Approximately 20 million people 71 years or older have hearing loss in the U.S.
- Age-related hearing loss (presbycusis) happens gradually, usually in both ears.
- It often makes it harder to understand speech—especially in noise.

Hearing loss doesn't just affect hearing—it impacts overall health and quality of life.



Why It Matters

Untreated hearing loss is linked to

- depression and anxiety;
- social isolation;
- increased risk of falls; and/or
- cognitive decline and dementia risk.



Everyday Listening Tips

- Use appropriate hearing technology or assistive devices.
- Get closer to the speaker and reduce background noise.
- Take listening breaks when tired.
- Ask others to slow down.
- Make sure you can see the speaker's face.



How Family & Friends Can Help

- Speak clearly at a normal volume (don't shout).
- Get the person's attention first.
- Face them and keep hands away from your mouth.
- Choose quiet environments.
- If repeating, rephrase instead of repeating the same words.

Audiologists Can Help

Find an ASHA certified audiologist at www.asha.org/profind