

Senior Living Tips for Managing Hearing Loss

Hearing loss is one of the most common issues facing older Americans today. Called “presbycusis,” (prez-bee-KYOO-sis) age-related hearing loss is a slow decline in our ability to hear various sounds as we get older. With the proper diagnosis and treatment, you or your loved one with hearing loss can still experience an active and fulfilling lifestyle, despite the hearing loss challenges you face.

Signs, Symptoms and Solutions for Hearing Loss

Because so many helpful solutions are available, don’t hesitate to see a trained professional if you or a family member is showing signs of hearing loss. Experts in hearing loss recommend that you remain vigilant for the following warning signs:

- Difficulty hearing people around you or on the telephone
- Frequently asking people to repeat themselves
- Frustration at not being able to hear the TV or radio at a normal volume
- Problems hearing in noisy areas
- Certain sounds seeming overly loud
- Experiencing a ringing, buzzing or hissing sound in the ears

Because there is no cure for age-related hearing loss, treatment is focused on improving hearing function. According to the **National Institutes of Health** and other medical sources, the following options are most commonly used:

- **Hearing aids** – Hearing aids are electronic, battery-run devices that make sounds louder. There are many types of hearing aids. Before buying a hearing aid, ask if your health insurance will cover the cost. Also ask if you can have a trial period so you can make sure the device is right for you. An audiologist or hearing aid specialist will show you how to use your hearing aid.
- **Assistive Listening Devices** – Other technology products that can help improve hearing including telephone amplifying devices, hearing loop systems and alert systems that work with doorbells, phones, alarm clocks or smoke detectors to send visual signals or vibrations.
- **Cochlear Implants** – A surgical implant option is used only in severe cases and with certain types of hearing loss. The implant allows the person to detect sounds again and with practice can allow the person to understand speech, but it does not restore normal hearing.
- **Lip Reading** – This is a method used to follow conversations by paying attention to mouth movements and body language. Lip reading can be learned with practice and training by a speech pathologist.



**Provident
Village**

at Canton

***Live Vibrantly!* at Provident Village at Canton**

At Provident Village at Canton, we believe vibrant days ensure bright tomorrows, so we've created a community where seniors, quite simply, [*Live Vibrantly!*](#) Whether it's in our [Assisted Living Community](#) or [Memory Care Neighborhood](#), each day we celebrate the individuality and strengths of each resident.

At Provident Village at Canton, to *Live Vibrantly!* means that days are filled with joy, vitality, growth and security. It means residents are socially active and personally empowered, with access to the personalized care and support they need to live fully. It means residing in a community where [intellectual, social, emotional, spiritual and physical care](#) are seamlessly integrated into everyday life.

We invite you to [visit us](#) and see for yourself!

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