

# Hearing & Healthy Aging

Diamynn Hill

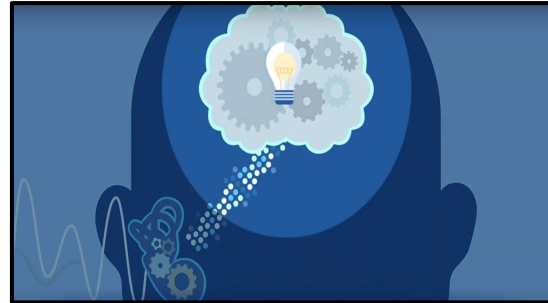
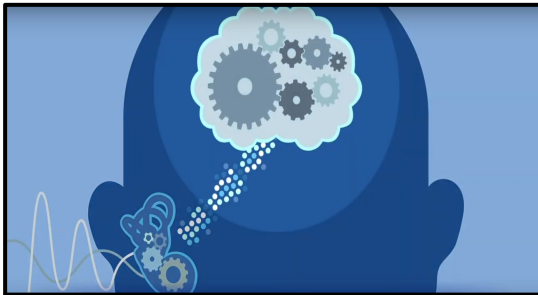
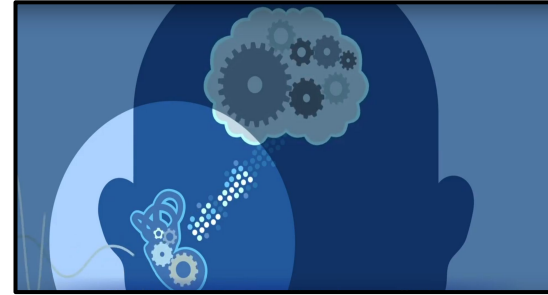
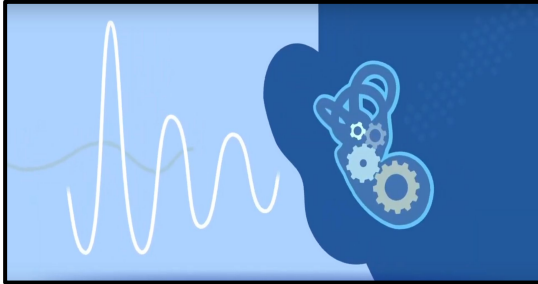
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# Understanding How We Hear

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# Hearing As We Age



**Aging Process**



**Noise Exposure**



**Genetics**

## Age Related Hearing Loss

The gradual loss of hearing as we grow older.

# Signs of Hearing Loss

Asking Others to  
Repeat  
Themselves



Difficulty  
Understanding  
Conversations  
Against  
Background Noise



Listening to  
TV/Radio at  
Abnormally Loud  
Volumes



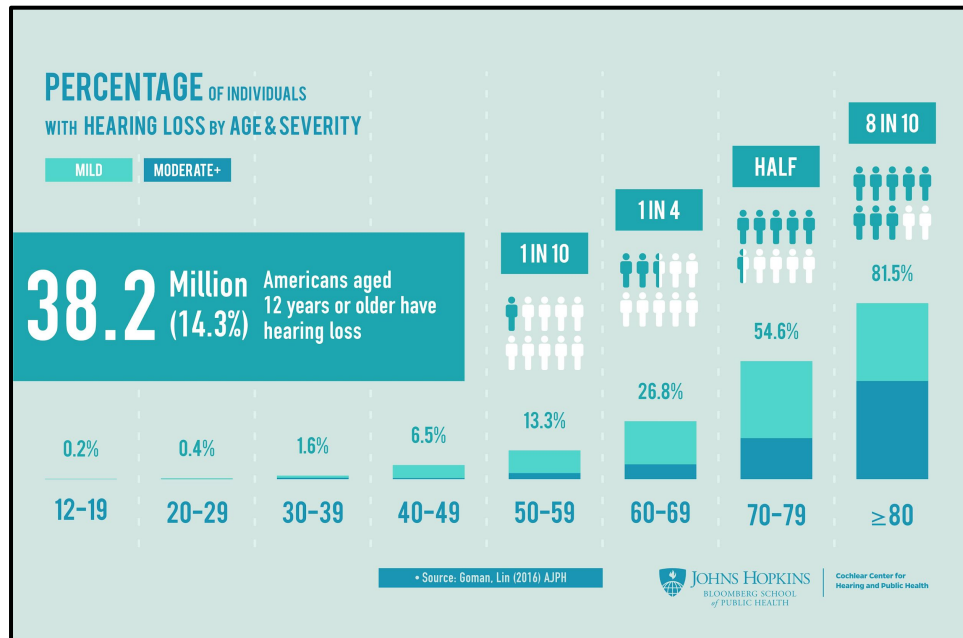
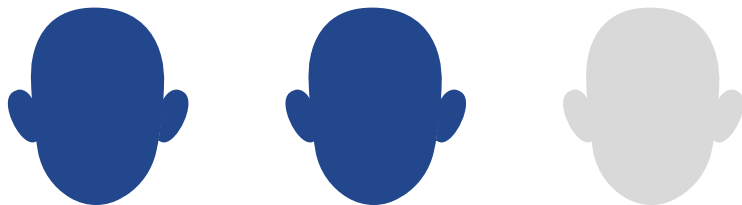
# Negative Outcomes Associated with Hearing Loss

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Increased Fall Risk  
Higher Rates of Hospitalization  
Depression  
Dementia  
Cognitive Decline  
Loneliness  
Social Isolation

# Hearing Loss is Common

**2 out of 3** older adults have some degree of hearing loss.



## High Rates of Hearing Loss, Low Rates of Hearing Care

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Only **3.8 million or 14.2%** of Americans  $\geq 50$  years with hearing loss reported regular hearing aid use.

## **High Rates of Hearing Loss, Low Rates of Hearing Care**

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**23 Million Americans with  
age-related hearing loss go without  
hearing care.**



# Hearing Care is Essential

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Hearing care is an **essential tool** for aging well. If you have trouble hearing, talk to your doctor!



# Hearing Care is Essential

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Hearing aid use among adults with hearing loss is associated with a **significantly lower risk** of being diagnosed with dementia, depression/anxiety, and injurious falls.



# The Hearing Health Collaborative

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# The Hearing Health Collaborative

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- **Low Cost** OTC Hearing Devices
- **Medicaid Covered** Hearing Aids
- **Free** Case Management Services

## **Next Steps:**

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1. Contact us!
2. Complete our Hearing Health Inventory.
3. Schedule an appointment.
4. Receive your hearing device/aid.

**Interested in  
getting  
services?**



Contact Me:  
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