

Hearing Self-Assessment: Do You Need a Hearing Aid?

Daily Conversations

- ☐ I often ask people to repeat themselves.
- ☐ I have trouble hearing conversations in noisy environments (restaurants, family gatherings).
- ☐ I hear people speaking but have difficulty understanding the words.
- ☐ I frequently misunderstand what others are saying, especially children or those with naturally soft voices.
- ☐ People seem to mumble more than they used to.

Social and Emotional Impact

- ☐ I avoid social situations because it's hard to hear.
- ☐ I feel anxious or tired after long conversations.
- ☐ I feel isolated or left out during group conversations.
- ☐ Friends or family have suggested I may have hearing loss.
- ☐ I feel embarrassed when I misunderstand someone.

Environmental Sounds

- ☐ I have trouble hearing doorbells, alarms, or the phone ringing.
- ☐ I need to turn the TV or radio volume up higher than others prefer.
- ☐ I can't hear clearly over the phone.
- ☐ I struggle to hear in the car, even when it's quiet.
- ☐ I miss sounds I used to notice (birds chirping, footsteps, rain).
- ☐ I hear ringing in my ears when it's quiet.

Concentration and Effort

- ☐ I need to concentrate hard just to follow conversations.
- ☐ I feel mentally drained after listening for long periods.
- ☐ I often look at people's lips or facial expressions to understand them.

How to Interpret Your Results

- 0–3 items checked: Your hearing seems typical, but continue to monitor for changes.
- 4–7 items checked: You may be experiencing mild hearing loss. A hearing screening could help.
- 8 or more items checked: You likely have signs of hearing loss. It's a good idea to schedule a hearing evaluation with an audiologist.

