We listen so you can too

PRE-VISIT BOOKLET

Mackay HEARING

Hearing is wonderful – are you missing out?

Hearing loss is common - about one in two adults over the age of 50 experience it. This comes as a surprise to most people who have lived with their hearing loss for years, hoping to keep it to themselves.

Having a hearing loss does not mean that you have lost your hearing, and it will not prevent you from enjoying life. However, you may need to something about it if you want to continue living the life you want.

Like rust on your car, hearing loss is often an unavoidable and natural part of life. And, like rust on your car, it is only a problem if you don't do anything about it.

As hearing technology evolves to meet the needs that modern lifestyles demand, more and more people are again enjoying the social lives they'd begun to shy away from.

Today's hearing devices bear no resemblance to those of yesteryear. They're petite, discreet light-weight and reliable. Which means that hardly anyone will notice you're wearing them – and neither will you!

We know from experience that a decrease in hearing levels can happen for many different reasons. This could be anything from exposure to excessive noise, to a chronic ear infection or something as simple as wax.

Just take a moment to read through the situations below. You might recognise yourself in some of them. But that's OK. As you know, hearing loss is a completely natural part of modern life.

Do you find that:

- You are frequently having to ask people to repeat themselves?
- Listening requires significant concentration and effort?
- You have difficulty following conversation?
- You have difficulty hearing speech clearly in noisy environments?
- You have difficulty hearing over distance
- You are turning up the volume of the TV and radio, and others are commenting on how loud it is?
- You are avoiding activities and events where you anticipate hearing will be difficult?
- You are feeling isolated?

When you book an appointment with our Audiologist, you will have the chance to find out more about your hearing and how we can help you to improve it if you need to.

"About one in two adults over the age of 50 experience hearing loss"

Mackay Hearing – we are here to *help*

If you decide to visit us at Mackay Hearing, you will be in the care of Jodie Miles, our Principal Audiologist and Director.

Jodie is highly qualified, extensively experienced and is passionate about improving hearing health across our region. Jodie is more than happy to answer any questions you may have.

Jodie can complete a diagnostic hearing assessment for you. This does not take long and is completely pain free. Within one hour, you will have the findings of your assessment and an overview of the options available to you.

Share the experience

We always recommend that you bring a relative or a good friend with you to the appointment. After the assessment, you will find that it is nice to be able to discuss the results with someone close who was actually there with you.

> **“Hearing assessments don’t take long, are non-invasive and are completely pain-free”**

Help us understand you better

Please answer these questions before your visit

1. **How socially active would you describe yourself as being?**

☐ Calm ☐ Moderate ☐ Active ☐ Very active

2. **Which hearing difficulties do you experience?**

3. **Do you find it difficult to participate in conversations at social gatherings?**

☐ Never ☐ Sometimes ☐ Always

Comments:

4. **Do you have difficulty listening to the TV at other people's preferred volume, or people complain that your preferred volume is too loud?**

☐ Never ☐ Sometimes ☐ Always ☐ I don't watch TV

Comments:

5. **Do you experience difficultly following a conversation on the phone?**

☐ Never ☐ Sometimes ☐ Always ☐ I don't use phones

Comments: _____

6. **How do these experiences affect you?**

7. **What are your main concerns regarding your hearing?**

☐ Maybe there isn't anything that can be done about my hearing loss
☐ I can't find a hearing solution that I can afford
☐ I don't want to look 'old' or 'handicapped' if I wear a hearing aid
☐ Other: _____

8. **Please write down any questions you have regarding your hearing difficulty?**

Questions: _____

For more information – please contact us!

Your appointment details are as follows:

(complete this section as a reminder)

Appointment date: _____

Appointment time: _____

Clinic: ☐ Ooralea ☐ Northern Beaches ☐ Walkerston

If you have any questions in the meantime, please don't hesitate to contact us:

p: (07) 4952 4649
e: listening@mackayhearing.com.au
w: mackayhearing.com.au

Ooralea clinic – 160 Boundary Road, Ooralea QLD 4740

Northern Beaches clinic – 36 Arana Drive, Rural View QLD 4740

Walkerston clinic – 13-17 Dutton Street, Walkerston QLD 4751

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